

THE CHICAGO
DAILY NEWS

COOK
BOOK

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"All human history attests that happiness for man—the hungry sinner! Since Eve ate apples, much depends on dinner."

Lord Byron

•THE CHICAGO
•DAILY NEWS
•COOK
•BOOK

•
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Daily News

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A practical guide on how to balance a diet, meet a budget and prepare a tasty meal for the average urban family

PUBLISHED BY THE CHICAGO DAILY NEWS

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COOK
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I N T R O D U C T I O N

This is a Cook Book by the people and for the people. Its sources have been the unpublished cooking lore of thousands of homes.

- The recipes herein contained are the cream of more than 20,000 submitted to The Chicago Daily News in a recent contest. Kitchen tested and laboratory approved, they bear the stamp of scientific and practical authority.
- The note of practicality has been stressed throughout every part of the plan for this Cook Book. The Daily News has endeavored to enable the housewife to adapt established, time-tried cooking formulæ to modern conditions in the home. It has endeavored to prescribe a simple regimen whereby the busy housewife may set an attractive table following the best dietetic standards and within the limits of the average food budget.
- To that end the majority of the recipes and menus have been measured to serve the average family of five persons. Party recipes have been measured for larger groups. By varying the measures in exact proportion, these recipes may be increased or modified to meet any given conditions.
- Food costs vary by sections of the city and country, by seasons and from year to year. But by taking the average prevailing cost of the essential foods The Daily News has established a budget basis of approximately \$4 per person per week, which the housewife interested in making ends meet may with reasonable safety take as her objective. The Daily News has arranged its menu schedules for the utmost economy in food materials by suggesting new and tempting forms in which the remnants of one meal may be utilized in the next.

● The facilities and restrictions of the average urban kitchen have been carefully taken into consideration. Cooking temperatures, now possible in exact degree by the heat control of the modern gas ranges, are given wherever necessary. Recipes requiring elaborate use of time, material or equipment have been eliminated. The editors have kept in mind the fact that the kitchen is the servant and not the master of the modern, efficient housewife.

● So much that is new has been recently discovered about food values that many cook books, even so young as five years, are out of date. All the new dietary principles are embodied in the recipes and menus herein given. For this purpose The Daily News has been able to command the best advice and authority. Dr. Herman N. Bundesen, Health Editor of The Chicago Daily News, and for many years one of America's leading public health and dietary authorities, has been an advisory editor of this book. In addition he contributes one entire section on "Eating for Health" which the housewife will find of great value.

● While the menu groups are exact enough to be followed to the letter, The Daily News does not counsel the housewife to do so. The menus are models only. In the recipe pages is given a sufficient variation of each group of dishes so that the housewife may express her individuality and suit the tastes of her family or her guests. There are certain dietary principles which should be followed, but the latitude within these principles is wide enough to permit cooking and serving a meal to be the individualistic art that it always should be.

EDITH G. SHUCK

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KITCHEN SCIENCE



KITCHEN SCIENCE

Necessary Equipment

The kitchen equipment suggested here is based upon the needs of a family of five, although in some instances the units are for six to provide for entertaining. The list is a restricted one, but provides utensils for any plain meal.

Knives

Paring	Bread and cake
Coring	Chopping
Case	Fruit

Spatulas

2-inch blade	1-inch blade
--------------	--------------

Spoons—Metal

2 tablespoons	2 14-inch spoons
1 perforated spoon	2 sets metal measuring spoons
2 teaspoons	

Spoons—Wooden

6-inch spoon	12-inch spoon
8-inch spoon	

Forks

8-inch handle (metal)	12-inch handle (metal)
1 wooden	

Turners

Solid flat	Perforated
------------	------------

Egg Beaters

1 small size	2 round, small size
2 flat, large size	2 round, large size

Miscellaneous

- 2 16-ounce measuring cups.
- 1 set, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, 1 cup.
- 1 2-quart boiler.
- 2 2-quart enamel saucepan with cover.
- 1 2-quart aluminum saucepan with cover.

Can openers (type which removes whole top of can and cuts edge).

- 1 4-quart aluminum kettle with cover.
- 1 2-quart enamel kettle with cover.
- 1 No. 8 iron Dutch oven.
- 1 No. 8 iron skillet.
- 1 No. 8 aluminum skillet.
- 1 No. 8 aluminum griddle iron.
- 1 baking glass pie tin.
- 1 aluminum pie tin.
- 1 meat grinder.
- 1 coarse sieve.
- 1 fine sieve.
- 1 8-inch tube pan, aluminum.
- 1 10-inch tube pan, aluminum.
- 1 savory roaster (fowl size).
- 1 baking glass casserole.
- 1 bread box.
- 1 cake box.
- 6 baking glass custard cups.
- 1 cooky sheet.
- 1 muffin pan, aluminum (8 tins).
- 1 muffin pan, iron (8 tins).
- 2 square cake tins (8-inch).
- 1 muffin pan.
- 1 cornstick.
- 1 3-quart covered boiler.
- 1 triplex sieve.
- 1 set of pans with lids to fit (1 to 3 quarts).
- 2 bread pans.
- 1 waffle iron.
- 1 basket and deep fat frying pan.
- 1 steamer.
- 1 waterless cooker.
- 1 nest of mixing bowls.
- 2 sets icebox containers.
- 1 wooden bowl.
- 1 lemon squeezer.
- 1 rolling pin.
- 1 covered soup pot.
- 1 weighing scale.
- 1 colander.
- 1 coffee percolator.
- 1 teapot.
- Cake and bread racks.

Definition of Terms

- Aspic**—Seasoned gelatin mold.
- Au gratin**—Covered and browned with cheese.
- Baked**—Cooked in an oven.
- Baste**—To moisten with water, main ingredient liquid, or seasoning fluid at short intervals.
- Bisque**—Shell fish soup, or frozen cream and nut mixture.
- Blanch**—To whiten by heat or cold.
- Boiling**—To cook in boiling liquid.
- Boning**—To remove bones, leaving original shape.
- Bouillon**—Clear broth.
- Bouquet garni**—Soup seasoning, parsley, celery, bay leaf.
- Braise**—To cook a food, well covered without foreign seasonings.
- Broiling**—To cook in the oven under direct fire.
- Consomme**—Concentrated clear soup of beef or fowl.
- Cream**—To blend, whip until smooth.
- Croutons**—Cubes of bread, toasted or sauteed.
- Demi-tasse**—Small cup of after-dinner coffee.
- Entree**—Appetizer.
- Franconia**—Browned by basting in meat liquor.
- Fricasseeing**—A combination of sauteing and stewing.
- Frying**—Immersion in deep fat 350 to 400 degrees Fahrenheit.
- Glace**—Glazed by freezing or crystallizing or covering with paste.
- Grilled**—Broiled.
- Hors d'œuvres**—Piquant dishes served as appetizers.
- Italienne**—Highly seasoned.
- Jardiniere**—Combination of vegetables.
- Julienne**—Method of cutting in strips.
- Jus**—Extract of meat.
- Meringue**—Mixture of egg and sugar.
- Mousse**—Frozen seasoned cream.
- Noir**—Black.
- Pan broil**—Cooking in pan without fat.
- Pate de fois gras**—Paste made of goose livers.
- Punch**—Frozen flavored cubes added to fruit juices.
- Puree**—Soup run through a sieve.
- Ragout**—Brown stew.
- Roasting**—Cooking before open flames.
- Saute**—Cooked in skillet with little fat.
- Simmering**—Cooking at 185 degrees Fahrenheit.
- Souffle**—A light pudding.
- Stewing**—Cooking in small amount of liquid.
- Timbale**—Pastry mold.
- Tutti-frutti**—Combination of various fruits.

Why and How to Measure

Accurate measurements are absolutely necessary to insure the best products. The experienced artist may be capable of measuring by sight, but the average cook will profit by using definite amounts. A standard measuring cup, spatula, tablespoon and a teaspoon are the essential equipment.

All measurements are level.

Dry ingredients should be sifted or broken, then measured.

Semiliquids should not be rounding in the cup.

Solids should be packed in the measuring cup and leveled with a spatula.

Table of Equivalents

A few grains.....	equals	Less than $\frac{1}{8}$ teaspoon
60 liquid drops.....	"	1 teaspoon
3 teaspoons.....	"	1 tablespoon
4 tablespoons.....	"	$\frac{1}{4}$ cup
16 tablespoons.....	"	1 cup
2 cups.....	"	1 pint
2 pints.....	"	1 quart
4 quarts.....	"	1 gallon
8 quarts.....	"	1 peck
4 pecks.....	"	1 bushel
4 tablespoons flour.....	"	1 ounce
2 tablespoons sugar.....	"	1 ounce
2 tablespoons butter.....	"	1 ounce
1 square chocolate.....	"	1 ounce
$\frac{1}{2}$ cup blanched almonds.....	"	1 ounce
16 ounces.....	"	1 pound
2 cups bread crumbs.....	"	1 pound
4 cups pastry flour.....	"	1 pound
3 cups corn meal.....	"	1 pound
2 cups granulated sugar.....	"	1 pound
$2\frac{3}{4}$ cups brown sugar.....	"	1 pound
$2\frac{3}{4}$ cups powdered sugar.....	"	1 pound
2 cups butter.....	"	1 pound
$2\frac{1}{4}$ cups currants.....	"	1 pound
$2\frac{3}{4}$ cups oatmeal.....	"	1 pound
2 cups raisins.....	"	1 pound
$4\frac{1}{4}$ cups rolled oats.....	"	1 pound
$4\frac{1}{8}$ cups rye meal.....	"	1 pound
$1\frac{1}{8}$ cups rice.....	"	1 pound
$4\frac{1}{2}$ cups graham flour.....	"	1 pound
$3\frac{7}{8}$ cups entire wheat flour....	"	1 pound
$4\frac{1}{8}$ cups coffee.....	"	1 pound
2 cups chopped meat.....	"	1 pound
9 medium-sized eggs.....	"	1 pound
$3\frac{1}{2}$ cups confectioner's sugar...	"	1 pound
3 cups cornstarch.....	"	1 pound
5 cups cranberries.....	"	1 pound
3 cups dried apricots.....	"	1 pound
$2\frac{1}{2}$ cups dried figs (whole)....	"	1 pound
3 cups dried peaches (whole)...	"	1 pound
$2\frac{1}{2}$ cups dried prunes (whole)...	"	1 pound
$2\frac{3}{8}$ cups beans (limas).....	"	1 pound
$\frac{1}{4}$ cup cocoa.....	"	1 ounce
3 cups pecan kernels.....	"	1 pound
4 cups walnuts.....	"	1 pound
4 cups almonds.....	"	1 pound
1 peck potatoes.....	"	15 pounds
$2\frac{1}{2}$ cups cooked spinach.....	"	1 pound
2 cups canned corn.....	"	1 pound
2 cups pearl barley.....	"	1 pound
1 cup shredded coconut.....	"	24-5 ounces
1 cup raw hominy.....	"	6 ounces
4 cups macaroni.....	"	1 pound

Cooking Chart

Baking

	Degrees Fahrenheit	Cooking Time
Baked beans	300 to 350	6 hours
Bread pudding	275 to 350	1 hour
Custards	300	45 minutes
Souffles	300	45 minutes to 1 hour
Meringue	300	25 minutes
Brown bread	350 to 375	3 hours
Baking powder or soda biscuits	450	12 minutes
Biscuit or rolls (yeast)	325	10 minutes
.....then	450	10 minutes
Bread, yeast	375 to 400	45 minutes to 1 hour
Bread, yeast and nut	275 to 300	1 hour
Gingerbread	350	30 minutes
Angel food cake	275 to 300	1 hour
Butter cake (individual)	375	15 to 20 minutes
(Loaf)	350	45 minutes to 1 hour
Chocolate cake (individual)	350	20 to 30 minutes
(Loaf)	325 to 350	40 to 50 minutes
Fruit cake (loaf)	325	3 to 4 hours
Short cake	375	25 to 30 minutes
Sponge cake	325 to 350	1 hour

Temperature for Cooking Meats

Sear meat in hot oven (450 degrees) 20 minutes, then reduce heat and cook the required time per pound.

Meat	Baking Time per pound	Degrees Fahrenheit
Beef (rare)	10 to 12 minutes	400
Beef tenderloins	3 to 5 minutes	450
(medium)	15 to 20 minutes	350
Lamb	20 minutes	375
Mutton	30 "	350
Veal	30 "	350
Pork	40 "	350
Chicken	25 "	350
Turkey	30 "	350
Goose	25 "	375
Duck	30 "	375
Game	30 "	350

Simmering

Beef	50 minutes per pound	Ham	20 minutes per pound
Mutton	30 " " "	Chicken	20 " " "
Corn beef	30 " " "		

Broiling

Steaks (tender) 1 inch (rare)	Each side 6 minutes
" (medium)	" " 10 "
Lamb chops, steaks	" " 10 "
Spring chicken	" " 20 "
Squab	" " 15 "

Cooking Time for Vegetables

	Boiling (minutes)		Boiling (minutes)
Asparagus	20 to 30	Corn (green)	10 to 15
Beans (string)	30 to 60	Kale	35 to 45
Beets (young)	25 to 35	Eggplant	25 to 30
Broccoli	15 to 20	Onions	30 to 40
Cabbage (cut)	12 to 15	Parsnips	15 to 50
Cabbage (quartered)	15 to 20	Peas	25 to 35
Carrots	20 to 30	Potatoes (Irish)	20 to 30
Cauliflower (flowerettes)	20 to 30	Potatoes (sweet)	15 to 25
Cauliflower (whole)	45 to 60	Spinach	10 to 15
Celery	20 to 30	Tomatoes	15 to 20
		Turnips	30 to 40

Table for Cooking Cereals

	Quantity	Liquid	Time
Indian meal	1 cup	3½ cups	2 hours
Fine whole wheat	1 cup	4 cups	45 minutes
Rolled oats	1 cup	4 cups	3 hours
Oatmeal, quick	1 cup	2 cups	30 minutes
Hominy, fine	1 cup	4 cups	45 minutes
Brown rice	1 cup	4 cups	1 hour
Rice	1 cup	3 cups	1 hour

Temperatures for Sirups

	Degrees Fahrenheit.		Degrees Fahrenheit.
Small thread stage	215	Taffy	248
Bead stage	220	Firm-ball stage	248
Soft-ball stage	238	Brittle stage	290
Fondant	238	Spun sugar	300
Cooked frosting	238	Caramel stage	310
Fudge	248	Burnt-sugar stage	350

BALANCING THE BUDGET



BALANCING THE BUDGET

The wise, economical and healthful way of cooking for a family is to know the season of all foods and to use them in season.

Marketing conditions vary so widely in all parts of the city and surrounding territory that to give the cost of a meal per dish is almost impossible.

For the family of five, including three children or three adults and two children, with the foods used in season and purchased wisely, the cost of food should not exceed \$20.00 per week, or \$4.00 per person. The housekeeper who buys wisely and plans her menus to make the best use of left-overs may reduce this to \$3.50 per person per week.

In the following table foods are given in this proportion:

Flesh protein (<i>meat</i>).....	\$4.00
Milk, cream and evaporated milk.....	3.15
Vegetables	2.90
Fruit, fresh	2.50
Cereal, bread	1.70
Butter, 2½ pounds.....	1.00
Canned fruits	1.00
Eggs	1.00
Legumes (peas, beans, etc.).....	.50
Dried fruits	.45
Sugar	.45
Coffee	.45
Cooking fats, 1½ pounds (salad oils) ..	.40
Tea, cocoa, malted milk.....	.30
Flavorings, condiments.....	.25

This would allow for eight pounds of protein foods, flesh and vegetable, four pounds of fat, butter, vegetable fat. The cereal and bread allowance would be ample for hot cereals, hot muffins, and light bread and rolls. There is an allowance for three fresh or canned vegetables a day and two fruits, fresh or canned, each day. This gives the diet in the proportion of one part protein, two parts of carbohydrates to three parts of fresh or canned vegetables, and two parts of fruit. It also allows for two and one-half pints of fresh milk a day and one pint of evaporated.

Needless to say, all foods must be so prepared that they retain the original nourishment values, or the effort, work and cost are all in vain.

FOODS IN SEASON

Vegetables

Spring	Summer	Fall	Winter
Asparagus	Asparagus		
.....		Artichokes	Artichokes
.....			(Jerusalem)
.....	Beans		
.....	Wax beans		
Beet greens			
.....			Broccoli
.....		Brussels sprouts	Brussels sprouts
Cabbage	Cabbage	Cabbage	Cabbage
Carrots	Carrots	Carrots	
Cauliflower	Cauliflower	Cauliflower	
.....		Celery	Celery
Chard	Chard		
Corn	Corn (sweet)		
.....	Cress	Cress	
.....		Eggplant	Eggplant
.....		Endive	Endive
Kale	Kale		
.....	Kohlrabi	Kohlrabi	
.....	Leeks	Leeks	
.....	Okra	Okra	
Onions	Onions	Onions	Onions
.....	Parsnips	Parsnips	Parsnips
Peas (fresh)	Peas (fresh)	Peas (fresh)	
Potatoes (new, white)	Potatoes (white)	Potatoes (white)	Potatoes (white)
.....		Potatoes (sweet)	Potatoes (sweet)
.....		Pumpkin	Pumpkin
Rhubarb			
Salsify			
Spinach	Spinach	Spinach	Spinach
.....	Squash	Squash	Squash
.....	Tomatoes	Tomatoes	
Turnips	Turnips	Turnips	Turnips
.....	Vegetable marrow	Vegetable marrow	

Fruit

.....		Apples	
.....	Apricots	Apricots	
Bananas			Bananas
.....	Blackberries		
.....	Blueberries		
Cantaloupe	Cantaloupe		
Cherries	Cherries (black)		
.....		Citron	Citron
.....		Cranberries	
.....	Currants		
.....	Dates	Dates	
.....	Figs	Figs	
.....	Gooseberries		
.....		Blue Grapes	White grapes
.....		Grapefruit	Grapefruit
.....	Guava	Guava	

Spring	Summer	Fall	Winter
.....	Kumquats		
Lemons	Lemons	Lemons	Lemons
Oranges	Oranges	Oranges	Oranges
.....	Peaches		
.....	Pears	Pears	Pears
Pineapple	Pineapple		
.....	Plums (black)		
.....	Plums (damson)		
.....		Prunes	
.....	Raspberries	Quinces	
.....	Strawberries		
Strawberries			Tangerines

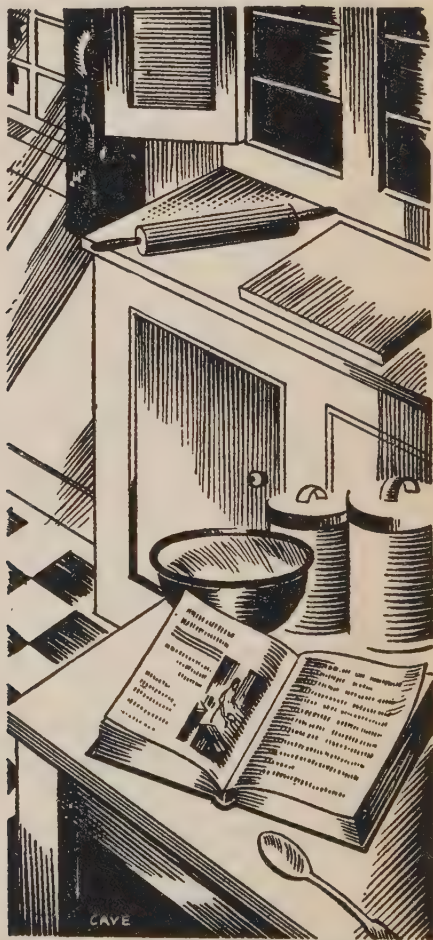
Fish

.....	Bass	Bass	Bass
.....			Bluefish
.....		Brill	Brill
.....		Carp	Carp
Catfish	Catfish	Catfish	
Cod			Cod (fresh)
.....		Crab	Crab
.....	Eel	Eel	Eel
.....		Flounder	Flounder
Frog legs	Frog legs	Frog legs	Frog legs
.....		Haddock	Haddock
Halibut	Halibut	Halibut	Halibut
Herrings	Herrings	Herrings	Herrings
.....			Kippers
Lobster	Lobster	Lobster	
Mackerel	Mackerel		
Oysters		Oysters	Oysters
Perch	Perch		
Pickarel	Pickarel		
.....		Pike	Pike
Prawns	Prawns	Prawns	Prawns
.....		Red snapper	Red snapper
.....	Salmon	Salmon	Salmon
Sardines	Sardines	Sardines	Sardines
Scallops			Scallops
Shad			
Shrimp	Shrimp	Shrimp	Shrimp
Smelts			Smelts
Sole		Sole	Sole
Sprats			Sprats
.....			Sturgeon
Trout	Trout	Trout	
.....	Turbot	Turbot	Turbot
Whitefish	Whitefish	Whitefish	Whitefish

Meat

Beef	Beef	Beef	Beef
.....		Came	Came
Ham		Ham	Ham
Lamb	Lamb		
Poultry	Poultry	Poultry	Poultry
Veal		Veal	

RECIPES



APPETIZERS

Entrees—Canapes

An entree course may consist of a wide range of foods. Its purpose is to sharpen the appetite and prepare the digestive system for the courses to follow.

One general rule to remember is that a sweet flavor should not predominate. It is not what we serve but how we serve a food for the entree that is important.

Anchovy Appetizer.

Anchovies 1 small bottle. Dill pickle (large, firm) 1. Dried salt smoked herring 2 strips. Stuffed green olives 1 small bottle. Sweet pickles (small) 3. Sour pickle (medium) 1. Swiss cheese 4 ounces. Spanish red pimento 1. Smoked liver sausage (firm) 2 ounces. Cervelat or salami 4 ounces. Pimento cheese 2 ounces.

Cut fish into $\frac{1}{2}$ -inch squares or smaller. Slice all other materials $\frac{1}{8}$ inch thick, then cut into squares and triangles $\frac{1}{2}$ inch in size. Impale 4 to 6 assorted pieces, with here and there an olive, on each toothpick. Arrange on a platter and garnish with lettuce. Chill before serving.

C. W. TRUAX.

Salad Apples.

Sugar 3 cups. Water 4 cups. Apples 6. Red cinnamon candies 10 cents' worth.

Make a sirup of sugar and water, add cinnamon candies and boil until candies are dissolved. Peel and core medium-sized apples. Simmer in above sirup until tender but not soft. Apples must keep shape. Turn constantly while cooking. Remove from kettle with spoon, let cool. Fill with cream cheese and chopped nuts and serve with mayonnaise.

HELENE FEILON.

Beet Appetizer.

Eggs (hard cooked) 6. Tomatoes 2. Beets (medium, pickled, dressed with vinegar) 6.

Rice yolks of eggs and chop whites. Chop beets very fine or put through

a ricer. Put in alternating layers in small molds rinsed in cold water, and stand in icebox 3 to 4 hours. Turn on slice of tomato and pour over a sauce of mayonnaise thinned with chili sauce.

MRS. CLARENCE LOEB.

Beet and Cabbage Relish.

Beets (cooked, ground) 1 pint. Cabbage (raw, ground) 1 pint. Brown sugar $\frac{1}{2}$ cup. Horseradish $\frac{1}{4}$ cup. Salt 1 teaspoon. Vinegar (cold) enough to cover mixture well.

Mix ingredients thoroughly and let stand for 12 hours before serving.

PEARL JENISON.

Beet, Egg, Anchovy.

Egg (large, hard cooked) 1. Beet (boiled, soaked in vinegar) 1. Anchovies 5. Lettuce leaves (small, crisp) 5.

Put egg in cold water and cook 8 minutes. When ready, plunge in cold water. Peel and slice egg. Slice the beet. Divide each slice in 4 or 5 pieces and place on lettuce leaf like a star. Put one slice of egg on top of the beet and then the anchovy as the finishing touch.

MISS ESTHER E. SUNDBERG.

Clam Juice.

Clam broth 1 quart. Catsup 1 demi-tasse spoon. Juice of 2 lemons. Tabasco sauce 2 dashes. Sugar 1 teaspoon.

Mix the above well and strain through a fine strainer and shake in ice. Strain into cocktail glasses and add celery salt on top.

MRS. GEORGE S. SANDS.

Cucumber Pickles.

Cucumbers (ripe) 3. Vinegar 2 cups. Sugar 1 cup. Red peppers (small, dried) 3. Bav leaves 3. Mustard seed 2 table-spoons. Turmeric powder $\frac{1}{2}$ teaspoon.

Soak the cucumbers, which have been halved and had the seeds removed, overnight in salt water. Boil the other ingredients $\frac{1}{2}$ hour, then add cucumbers and boil 5 minutes or until tender.

MRS. C. GRANNEMAN.

Ginger Wine.

Essence of capsicum 3 drams.
 Tartaric acid 1 ounce.
 Essence of ginger 6 drams.
 Water (boiling) 3 quarts.
 Sugar 3½ pounds.
 Burnt sugar to color.

Stir sugar until dissolved in boiling water, add ginger, capsicum, the acid; color with burnt sugar. Cool and bottle.

MRS. WALTER J. STEVENSON.

Grapefruit Basket.

Grapefruit (thin skinned, smooth) 3.
 Nut meats (finely chopped) ½ cup.
 Celery (chopped fine) 2 tablespoons.
 Parsley (chopped fine) ½ teaspoon.
 Mayonnaise 2 teaspoons.
 Crabmeat or tuna.

Remove center of grapefruit, cut in halves. Cut handles by cutting about one-sixth of an inch from the edge of grapefruit, cut almost halfway around on either side, leaving small space on either side uncut. After the grapefruit is filled the handles may be lifted up and tied in the center with a tiny maline bow to carry out color scheme used. Now remove every alternate layer of sections and replace with crabmeat or tuna fish seasoned with a bit of mayonnaise. Fill the center of the grapefruit with the celery, nut meats, parsley, moistened with mayonnaise. Garnish with finely chopped parsley around the cut edge of grapefruit. Chill and serve.

MRS. HERBERT H. STEVENS.

Grape Juice.

Luscious red or green grapes ½ pound.
 Water (boiling) 1 cup.
 Grape juice 1 cup.
 Peppermint 6 leaves.
 Sugar ½ cup.

Cut each grape in two. Drop 5 peppermint leaves in 1 cup boiling water. Add sugar and grape juice and pour over the grapes. Place in icebox a few hours. Place one leaf on plate beside cocktail glass when serving.

HARRIET F. RIEDEL.

Concord Grape.

Grape skins ½ cup.
 Nuts (chopped) ½ cup.
 Grape pulp ½ cup.
 Sugar ½ cup.
 Seeded raisins (large) ½ cup.
 Water 1 tablespoon.

Separate skins from the pulp, putting skins in separate pan. Place the pulp over a slow fire and cook 5 minutes until seeds separate. Strain and add to pulp remaining ingredients. Cook over quick fire 10 minutes.

MRS. HARRY H. BOTELER.

Grape and Apricot Juice.

Grape juice 1 pint.
 Apricot juice ½ pint.
 Mint leaves (chopped fine) 10.
 Sugar 5 teaspoons.

Mix and chill. Arrange in cocktail glasses. Place ⅛ orange and 1 mint leaf dredged with powdered sugar in each glass.

MARGARET O'NEILL.

Potato Chips.

American cheese of the spreading variety ½ cup.
 Worcestershire sauce 1 tablespoon.
 Paprika ½ teaspoon.

Heat in the oven until crisp two bags of potato chips (if commercially made). Place ½ or 1 teaspoon of cheese mixture on each potato chip and serve on plates on paper doilies, garnished with parsley and tiny pieces of pimento and green pepper. Two teaspoons anchovy paste may be added to the cheese mixture.

MRS. VERNON JOHNSON.

Shrimps.

Lettuce leaves.
 Shrimps with cocktail sauce 2.
 Horseradish.
 French dressing.
 Pearl onions.
 Egg yolk (hard cooked) 1.
 Egg white (hard cooked).

Arrange 4 small lettuce leaves on a plate, then add 2 shrimps with cocktail sauce, topped with a little horseradish on one leaf; on the next leaf add a spoon of pearl onions, next a spoon of hard-cooked yolk of egg riced, and the fourth leaf a spoon of the white of egg chopped fine. Then add a little French dressing to the eggs and onions.

MRS. K. PRESTIVE.

Tomato Basket.

Tomatoes.
 Egg (hard cooked).
 Caviar.
 Crabmeat (minced).

Take small, smooth, firm tomatoes, one for each person. Cut ½ inch strip for handle, halfway down the center on smooth, flat side. Cut cross-wise on both sides to the handle. Scoop out bottom of basket in 4 sections. Remove pulp under handle. Fill first section with hard-cooked white of egg, chopped, second with caviar, third with yolk of egg riced, and fourth with minced crabmeat. Serve on lettuce leaves.

MRS. A. C. KREBS.

CANAPES.**Asparagus Canape.**

Mayonnaise 2 table- Asparagus tips 5.
spoons. Eggs (hard cooked) 2.

Spread triangular pieces of toast with mayonnaise. Chop egg yolks and whites separate. Arrange the chopped egg white and the chopped egg yolk in alternate rows across the toast. Lay the asparagus tip on the top. Garnish with pimento or paprika.

MISS MARION WALL.

Bridge Canapes.

Ingredients for five servings of each canape:

Bread (day old) 20 slices.	Pimento (chopped) 5 teaspoons.
Smoked salmon 5 thin slices.	Egg white (chopped) 5 teaspoons.
Ripe olives (chopped) 5 teaspoons.	Cream cheese (chopped) 5 teaspoons.
Anchovies 5.	Mayonnaise 3 teaspoons.
Nuts (chopped) 1 teaspoon.	

Paprika. Heart Canape: Using heart-shaped cooky cutter, cut a heart from a thin slice of bread. Spread with highly seasoned mayonnaise, then chopped pimento, or a thin slice of smoked salmon, mixed with a few finely chopped nuts.

Diamond Canapes: Using a diamond-shaped cooky cutter, cut a diamond from a thin slice of day-old bread. Spread with chopped egg white mixed with mayonnaise and dust lightly with paprika.

Spade Canape: Using a spade-shaped cooky cutter, cut a spade from a thin slice of day-old bread. Spread with mayonnaise, then cover with chopped, well-drained olives. Outline the heart near the edge with a thin streak of mayonnaise and arrange an anchovy on either side to form a border for the spade.

Club Canape: Using a club-shaped cooky cutter, cut a club from a thin slice of day-old bread. Spread with caviar and, using the tip of a knife, put a border of cream cheese or chopped egg whites.

MRS. RUTH PITTS.

Butter.

Butter. White bread (rounds). Fry the bread in butter, or toast and butter on one side. Decorate rounds with tiny cut strips of salami, or ham with a stuffed olive. Or put capers

in circles on the butter and in the middle put a small radish rosette, or a heart cut with a vegetable cutter out of beets. Or cover with a paste of liver sausage, decorate with a cross of canned pimento. Or cover with a thin slice of tomato and decorate with mayonnaise, green pepper or pickles. Or place sections of finely chopped chicken and hard-cooked eggs in the middle of toast with a little piece of pimento.

MRS. A. C. SANER.

Calavo Pear.

White bread (toast- Ripe or stuffed olives
ed squares). (sliced).
Lemon juice or may- Calavo pear 1.
onnaise.

Salt the pear slightly and whip it with a fork, adding a little lemon juice or mayonnaise. Serve on toasted squares of white bread cut across. Garnish with olives.

MRS. MORRISEY.

Caviar.

Rye bread (toasted Egg white (cooked,
rounds). cold).
Caviar. Onion (finely minced).
Egg yolk (grated).

Butter rounds of toasted rye bread. Press on these rings of cold cooked egg white. Fill inside of ring with caviar. Sprinkle finely minced onion over caviar and surround egg white with grated yolk.

MRS. R. HOLLATZ.

Caviar Canape de Luxe.

Bread 5 rounds.	Butter 2 tablespoons.
Caviar 1 can.	Lemon juice 1 tea- spoon.
Tomato 5 thin slices.	French dressing 1 tablespoon.
Parsley (chopped fine).	

Toast bread on one side and spread butter on untoasted side. Mix caviar with lemon juice and spread. Marinate tomato in French dressing and place slice of tomato on caviar. Sprinkle with finely chopped parsley. Garnish with watercress if desired.

MRS. GERTRUDE BERGSTROM.

Caviar Tomato.

Head lettuce 6 me- Tomato 6 large slices.
dium sized leaves. Mayonnaise.
Eggs (hard cooked) 3.

Place lettuce on plates, lay a large slice of tomato on each piece of lettuce. Cut a small hole in center of tomato and set in it half of the white of a hard-cooked egg filled with caviar mixed with mayonnaise.

MRS. JOHN R. GLENNON.

Cheese.

Sandwich bread Cream cheese 1 pack-
(sliced). age.
Cream 3 tablespoons. Salt $\frac{1}{4}$ teaspoon.
Green pepper (sliced Stuffed olives (sliced).
crosswise).

Butter bread lightly, cream the cheese with cream and salt. Spread on bread $\frac{1}{4}$ inch thick. Slice the peppers and arrange 1 slice of pepper on each piece of bread, and 5 slices of olive (one at each corner and one in the center). MRS. A. C. WILMANNS.

Cheese and Anchovy.

Cream cheese 1 pack- Lemon juice 1 tea-
age. spoon.
Gelatin (dissolved in Anchovy paste $\frac{1}{2}$ tube.
 $\frac{1}{4}$ cup water) 1 Pinch of salt, pepper
tablespoon. and paprika.

Mix the above ingredients to a creamy paste and spread in a shallow pan lined with oil paper. Place in refrigerator and leave there two to three hours, sufficient time to allow mixture to jelly. When ready to serve spread on rounds of day-old bread. Top each canape with a thin slice of tomato, a very thin slice of hard-cooked egg, a dab of boiled dressing and a small amount of caviar.

EMMA JANE BEHL.

Cheese Rosettes.

Milk 1 cup. Flour 1 cup.
Eggs 2. Granulated sugar 1
Salt $\frac{1}{4}$ teaspoon. tablespoon.

Beat the above together with round egg beater. Dip rosette wafer iron in kettle of hot deep fat. When iron is heated, dip into batter, then into hot fat. Fry until golden brown, about 30 seconds. Drain on brown paper. This makes 50 rosettes. Sprinkle with grated cheese. Run under broiler for a few seconds, until cheese begins to melt. Place caviar in center. Lay thin slices of stuffed olives around caviar.

DELIA BURKE.

Cheese Savory Canapes.

Butter 2 tablespoons. Roquefort cheese 4 ta-
Salt and pepper to blespoons.
taste. Celery (finely minced).
Mayonnaise. Gherkins (sliced).
Puff paste (rounds).

Cream the cheese and butter together, add salt and pepper and spread on the rounds of pastry or toasted shapes of bread. Cover with celery mixed with a little mayonnaise and garnish with the gherkins sliced crosswise, and a cross made of pimento strips in the center of each.

MRS. ANNA WEISHAN.

Crabmeat.

Bread 6 rounds. Green pepper (minced)
Onion (finely minced) 1 teaspoon.
1 teaspoon. Worcestershire sauce
Pimento (minced) 1 1 teaspoon.
teaspoon. Egg whites (hard
Salt. cooked) 2.
Crab flakes $\frac{1}{2}$ cup.

Toast 6 rounds of bread on one side, then butter the other side. On buttered side place a mixture of crabmeat, onion, green pepper, pimento, Worcestershire sauce and salt to taste. Garnish with a border of minced whites of eggs.

IVA H. WELLS.

Crabmeat.

Crabmeat 1 small Bread (toasted) 5
can. rounds.
Mayonnaise 5 tea- Tomato (peeled) 5
spoons. slices.
Stuffed olives 2.

Flake the crabmeat. Place on lightly buttered toast, cover with a slice of tomato and then a tablespoon of crabmeat. Place on this mayonnaise thinned with cream. Top with a slice of stuffed olive. Garnish with slices of lemon.

MRS. PAULINE STATLER.

Crabmeat.

Crabmeat (finely Onions (grated) 1 tea-
flaked) $\frac{1}{2}$ cup. spoon.
Green pepper Parsley (chopped) 1
(chopped) 1 tea- teaspoon.
spoon. Bread (toasted on one
Worcestershire sauce side) 6 rounds.
1 teaspoon.

Mix crabmeat thoroughly with chopped vegetables and seasonings. Butter bread on untoasted side and arrange crabmeat mixture in pyramid shape on buttered side of bread. Garnish around edge with chopped parsley.

MRS. A. E. SAWKINS.

Egg.

Bread (toasted Cream cheese.
rounds). Butter.
Water (hot). Salt.
Egg (hard cooked) $\frac{1}{2}$ Caviar.
for each round of Lemon juice.
toast. Cream.

Toast brown rounds of bread, as many as there are persons to be served. Moisten bread thoroughly with butter and hot water. Sprinkle with a little salt. Press egg yolk through small wire sieve on to toast and cover, salt. Set egg white in the center and fill it with caviar to which a little lemon juice has been added. Decorate with cream cheese colored and thinned to proper consistency with cream.

EDNA WEBBER.

Liver (Pork).

Pork liver.
Onion (small) 1.
Butter 1 tablespoon.
Salt and pepper to taste, paprika.
Green pepper rings.
Pimento.

Milk.
Bay leaf 1.
Catsup 1 tablespoon.
Tomato slices.
Parsley 1 sprig.
Lettuce leaf.

Soak the liver in milk for an hour. Then, leaving it whole, boil until tender in water with onion and bay leaf. Grind fine and to each cup of liver add 1 tablespoon butter, 1 tablespoon catsup and salt and pepper to taste. Mix until smooth. Prepare toasted rounds of bread and on these place a green pepper ring. Fill ring with a mold of prepared liver, topping with a sprig of parsley and a bit of pimento; add a dash of paprika, serve whole on lettuce.

MRS. JOHN SPRECKER.

Liver (Chicken).

Chicken liver 1.
White pepper $\frac{1}{4}$ teaspoon.
Mayonnaise 6 tablespoons.

Onion (small) 1.
Eggs (hard cooked) 3.
Salt $\frac{1}{2}$ teaspoon.
Paprika.

Shell hard-cooked eggs. Boil chicken liver with 1 teaspoon salt for 2 minutes. Drain and dry liver and chop and mix it with 1 small onion, 2 hard-cooked eggs, 3 tablespoons of mayonnaise and $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon white pepper and paprika. Remove to a bowl and add 3 more tablespoons of mayonnaise. Mix well and let stand covered so flavors will blend. Cut white or rye bread $\frac{1}{4}$ inch thick in desired shape. Toast on one side. Spread the mixture on the other, grate with white and yolk of remaining egg, decorate the edge with white and sprinkle the center with yellow. Place a slice of stuffed olive on the center, or a sprig of parsley.

MRS. B. STENGE.

Mushroom.

Mushrooms (fresh) 1 cup.
Egg white (beaten stiff).
Salt and pepper.
Butter 2 tablespoons.
Egg yolk (beaten slightly).

Peel and break into small pieces mushrooms, simmer until tender in butter, season with salt and pepper and thicken with the slightly beaten yolk of egg. Spread on rounds of buttered toast. Cover each with the white of egg beaten stiff and brown in oven.

MRS. F. W. TALBOTT.

Ripe Olive.

Whole-wheat bread 1 loaf.
Butter $\frac{1}{2}$ cup.
Olives (ripe, chopped) $\frac{1}{2}$ cup.

Salt and pepper.
White bread 1 loaf.
Eggs (hard cooked) 3.
Mayonnaise $\frac{1}{2}$ cup.

Cut 6 slices of dark bread into rounds 2 inches in diameter and 6 slices 1 inch in diameter. Then cut 6 slices of white bread $1\frac{1}{2}$ inches and 6 $\frac{1}{2}$ inch in diameter. Make paste of chopped egg whites with enough salad dressing to spread, a paste of mashed and seasoned egg yolks and dressing, and paste of olives and dressing. Spread first dark layer with egg white paste, cover with white slice, spread with egg yolk paste, cover with dark slice and spread with olive paste, top with white into which a sprig of parsley has been inserted with a toothpick.

HAZEL NEWTON.

Oyster and Ham.

Toast (in desired shape) 5 pieces.
Cream sauce.
Parsley, olives and celery.

Oysters (medium sized) one pint.
Ham (cooked, minced) about 1 cup.
Paprika.

Simmer oysters in own liquid, drain and add to cream sauce made as follows:

Butter 1 tablespoon.
Milk $1\frac{1}{2}$ cups.

Flour 1 tablespoon.
Salt and pepper.

Melt the butter, blend the flour with it, add milk and cook 10 minutes, season with salt and pepper. Pour oysters over toast arranged on individual plates and sprinkle with minced cooked ham. Garnish each plate with small piece of parsley and with olives. Give a final dash of paprika, serve hot with crisp piece celery.

MRS. NELLIE D. WATSON.

Prune.

Prunes (cooked) 5.
Bacon 5 strips.
Toast 5 rounds.

Pecan or English walnut meats 5.

Remove stones of prunes and put pecans or walnuts in their place. Wrap each in a strip of bacon, fasten with toothpick and bake in hot oven 15 minutes. Serve hot on round of toast.

Stuffed Prunes.

Prunes (large) 5.
Sardines or anchovies 4.
Bread 5 slices.

Olives (large) 5.
Bacon 5 slices.
Egg yolk or grated cheese 2 teaspoons.

Remove stones from prunes and olives. Stuff olives with sardines or

anchovies. Put olives in prunes. Wrap each prune in bacon and tie. Place in hot oven until bacon is crisp. Place prunes, when bacon is done, on whole-wheat rounds of toast, buttered and sprinkled with egg or cheese.

MRS. M. R. COTHARIN.

Russian Canapes.

Brown bread.	Mixed chives 1 table-
Lemon juice.	spoon.
Oysters.	Parsley and lemon
Caviar 1 small can.	points.

Cut bread into fingers $\frac{1}{2}$ inch thick and spread with butter. Mix caviar with lemon juice to taste and chives. Spread on prepared fingers, place an oyster in the center of each and serve with a little salt and a dash of paprika. Garnish with parsley and small points of lemon.

ADELAIDE WELLS.

Salmon Canapes.

Mayonnaise.	Bread 5 thin slices
Eggs (hard cooked).	cut in rounds.
Parsley.	Salmon (flaked).

Brown bread. Arrange around outer edge of each piece of toast finely chopped white of egg, then chopped egg yolk, then flaked salmon. Use parsley to garnish and place a teaspoon of mayonnaise on each toast round.

MRS. D. A. KELLEY.

Sardines.

Bread (small squares)	Sardines 1 can.
Lemon juice.	Strips of pimento.
Eggs (hard cooked).	

Cut squares of bread, spread with sardines which have been mashed in their oil, and add a few drops of lemon juice to taste. Lay a strip of pimento across the sandwich. Fill in on one side of the pimento with hard-cooked yolks of egg, put through a ricer, and other side of pimento with hard-cooked whites of egg.

MRS. L. J. LERLGHEUNION.

Sardine.

Sardines (flaked and	Green peppers
mashed) $\frac{1}{2}$ cup.	(minced) 1 tea-
Parsley (minced) 1	spoon.
teaspoon.	Stuffed olives
Chili sauce 1 tea-	(chopped) $\frac{1}{2}$ cup.
spoon.	Bread (toasted on one
Worcestershire sauce	side) 8 rounds.
1 teaspoon.	

Mix sardines thoroughly with finely chopped vegetables and seasonings. Butter bread on untoasted side and spread sardine mixture evenly on buttered side of bread. Garnish with

border of finely chopped stuffed olives and sprigs of parsley.

MRS. HENRY E. GREISER.

Steak Canape.

Round steak (finely	Water 2 tablespoons.
chopped) 1 pound.	Sandwich bread (cut
Catsup 2 tablespoons.	$\frac{1}{4}$ 1 in ch thick,
Paprika $\frac{1}{2}$ teaspoon.	toasted on one side)
Salt $\frac{1}{4}$ teaspoon.	10 slices.

Beat all ingredients but bread together. Butter untoasted side of bread lightly, pile meat on buttered side, cover well to edges. Dredge with sprinkling of flour. Broil under a hot flame 10 minutes until nicely brown on top and rare inside.

AUGUSTA SCHLOSSMAN.

Tomato and Anchovy.

Bread (toasted) 5	Butter.
rounds.	Tomato 5 slices.
Anchovy paste.	Sprigs of fresh pars-
American cheese	ley.
(grated).	

Spread toast with butter, then with anchovy paste. Place a thin slice of tomato on top of each slice of toast, sprinkle with cheese; place under broiler until cheese is melted and serve hot, garnished with parsley.

MRS. ELSIE DLESK.

Tomato and Bacon.

Whole-wheat bread 5	Tomato (peeled) 5
slices.	thick slices.
Lettuce leaves (shred-	Mayonnaise 5 table-
ded) 5.	spoons.
Bacon (crisp	Carrot relish 4 table-
minced) 2 strips.	spoons.

Remove crusts and toast bread, butter while hot, cover with lettuce, add salted tomato slices, cover with mayonnaise with minced bacon, top with carrot relish.

MRS. WILLIAM ROSS.

Tomato, Chive, Pepper.

Mayonnaise $\frac{1}{2}$ cup.	Chives (finely
Milk (cold) $\frac{1}{4}$ cup.	chopped) 2 table-
Green peppers (fine-	spoons.
ly chopped) 2 ta-	White bread (toasted
blespoons.	slices).
Tomato (peeled, thin	Gelatin 1 teaspoon.
slices).	

Add gelatin softened in milk and dissolved over hot water to mayonnaise. Add chives and green peppers and mold in cups. Spread toast with butter, then place on slice of tomato, and mold of gelatin mixture cut in thin slices on top.

MRS. CHARLES MEYER.

Tomato Jelly.

Toast (buttered) $\frac{1}{2}$ -	Tomato jelly.
inch rounds.	Pimento strip and
Egg (cooked) or	olives (sliced).
filet of anchovy.	

Spread toast with tomato jelly and place in refrigerator for 2 hours. In center of toast place a slice of boiled egg or a filet of anchovy, border toast with pimento strip and slices of olives. Keep in refrigerator until ready to serve.

MRS. IDA SCHLEIDWEILER.

Tomato and Oyster.

Tomatoes (medium sized) 2. Oysters (fresh) 6.
Lemon 1. Chili sauce.

Cut tomatoes in $\frac{1}{2}$ -inch slices. Place in buttered pan and broil 3 minutes. Place an oyster on each tomato, season with salt and pepper and a bit of lemon juice, return to oven and broil another 3 minutes until edges of oysters curl. Place on small square salted cracker or round of bread cut the size of the tomato and sauce in butter. Cover oyster with $\frac{1}{2}$ teaspoon chili sauce.

MRS. JESSIE F. PROCTOR.

Tongue.

Potted tongue 1. Strips of pork tongue can. (cooked).
Toast 5 slices.

Prepare toast and cut into delicate circles. Spread with a layer of potted tongue $\frac{1}{4}$ inch thick. Decorate with strips of cooked pork tongue with strips laid over each other like lattice work.

SERGEANT PERCY WILD.

CRACKTAILS.

Crabmeat.

Catsup $\frac{1}{4}$ cup. Lemon juice $\frac{1}{2}$ cup.
Salt $\frac{1}{4}$ teaspoon. Tabasco sauce 5 drops.
Crabmeat (shred- Worcestershire sauce ded) $\frac{1}{2}$ cups. $\frac{1}{2}$ teaspoon.

Combine and place in small paper cups; freeze or chill in refrigerator.

MRS. D. JULIAN BLOCK.

Crabmeat.

Crabmeat 1 medium Salt, pepper and pa- can.
Salad oil 3 table- prika to taste.
spoons. Capers $\frac{1}{2}$ small bottle.
Lemon juice or vin-
egar 1 tablespoon.

Flake crabmeat, discarding skin and bones. Mix oil and lemon juice and beat well. Drain capers and mince fine. Combine above ingredients and let stand several hours. Wash 5 peppers, cut off slice at opposite ends and make a cup with the bottom open. Remove skins and membrane and chill. Place on small plate with lettuce leaf under pepper and fill

pepper with fish mixture and put spoon of cocktail sauce on top.

MRS. FRANK POLLOCK.

Fruit (Jack o' Lantern Fruit Cup).

Oranges 3. Few candied cherries.
White grapes $\frac{1}{2}$ pound. English walnuts $\frac{1}{2}$ pound.
Bananas 3.

Cut round pieces off tops of large oranges, scoop out pulp, make features as in jack o' lantern. Put 2 raisins in for the eyes and candied cherry for the mouth. Fill with the fruit cocktail, put lid back on and serve on green paper doily or on lettuce shredded.

MRS. JAMES HEANEY.

Honeydew and Red Raspberry Cocktail.

Honeydew melon 24 Sugar $\frac{1}{2}$ cup.
small balls. Cornstarch 1 teaspoon.
Powdered sugar 4 Red raspberries 6 ta-
blespoons. blespoons.
Pineapple juice 1 Juice of 1 orange and
cup. 1 lemon.

Mix cornstarch with a little cold water, add to fruit juices and sugar. Cook all together until thick. Strain and chill sauce thoroughly and pour a spoonful on each portion of fruit before serving.

MRS. ANNA TETIK.

Mint Cocktail.

Pineapple (sliced, Green vegetable color-
cut in pieces) 1 ing 1 teaspoon.
can.

Put pineapple in deep bowl, add coloring and set in cold place for a few hours. When ready to serve add 1 medium-sized bottle of mint cherries. Mix carefully and serve in sherbet glasses with dot of whipped cream on top.

MRS. GRACE V. BANKS.

Orange Cocktail.

Water (boiling) 1 Orange juice 2 cups.
cup. Lemon juice $\frac{1}{4}$ cup.
Orange rinds Crabapple jelly 1
(grated) 3. glass.

Pour boiling water over jelly and stir until dissolved. Cool, add orange rind and fruit juices. Mix thoroughly. Pour into a freezer and pack with 3 parts of ice to 1 of salt. Freeze and serve as first course.

MISS LELIA H. KOBBS.

Oyster Cocktail.

Raw oysters (small) Tomato catsup 1 ta-
5 or 6 per person. blespoon.
Lemon juice $\frac{1}{2}$ tea- Celery (chopped fine)
spoon. 1 teaspoon.
Horseradish. Salt.

Chill thoroughly and serve in cocktail glasses. (Amounts given for a single serving).

MRS. ALBERT J. SMITH.

ENTREES.

Asparagus Crisps.

Asparagus tips 1 Egg 1.
can. Bread crumbs.
Flour. Cream sauce with few
Butter or oil for drops lemon juice.
frying. American cheese
Bacon (crisp). (grated) 1 cup.

Season asparagus tips with flour, dip in egg, roll in bread crumbs and fry in butter or oil. Make a pint of rich cream sauce, add cheese and lemon juice. Serve the asparagus on toast covered with cheese sauce and garnished with bacon.

MRS. KIRSCHTEN.

Creamed Brains.

Brains 2 sets. Peas (heated and sea-
Nutmeg. soned) 1 cup.
Mushrooms (cooked) White sauce 1 pint.
½ cup. Patty shells.
Salt and pepper.

Clean, boil and chop brains fine. Fry in butter until crisp, season with salt, pepper and a little nutmeg. Add to this a pint of white sauce made in the following manner: Blend 5 tablespoons of butter and 5 tablespoons of flour over a slow fire, add slowly 2 cups of milk and cook to the consistency of thick cream. Add mushrooms, serve in patty shells and garnish with peas.

MRS. C. C. HAKE.

Chicken Croquette.

Chicken (cooked, Celery (cooked, diced)
cold) ½ cup. ½ cup.
White sauce. Pecans (chopped) ¼
Watercress. cup.
Salt ¼ teaspoon. Crumbs.
Deep fat. Boston brown bread
Pepper. (buttered).
Egg (beaten).

Mix the chicken, celery and pecans, season with salt and pepper. Add enough white sauce so that this mixture may be easily handled and hold its shape. Spread on a plate to cool. Form into tiny balls, roll in crumbs and egg and fry in deep fat at 390 degrees until golden brown. Serve on a bed of watercress accompanied by thin strips of buttered Boston brown bread.

MRS. G. W. SCHEEF.

Corn Timbale.

Sweet milk 1 to 1½ Pinch of salt and pep-
cups. per.
Corn (grated) 2 ta- Onion juice 1 tea-
blespoons. spoon.
Eggs 3.

Beat eggs until light. Heat the milk and with corn add to the eggs; then the seasoning. Grease 5 timbale molds and fill with the mixture. Set in pan of hot water and bake in moderate oven 15 to 20 minutes. Take out of oven and let stand a few minutes. Have ready a pint of tomato sauce and pour on hot platter. Turn the timbales out on it and cut a little bunch of chives very fine with scissors and sprinkle over all. Serve hot with crisp toast.

MISS MARY HASTINGS.

French Eggs.

Eggs (hard cooked) Cream 1 tablespoon.
3. Few drops onion juice.
Pinch of red pepper. Salt ½ saltspoon.

When eggs are cool remove shell and cut in half crosswise. Remove yolks and mix with onion juice, pepper, salt and cream. Mash fine and fill the whites with this mixture. Stand the eggs in the bottom of a small buttered dish and pour over the following sauce. Bake 20 minutes in moderate oven.

Cornstarch 1 table- Butter 2 teaspoons.
spoon. Onion juice 3 or 4
Salt ½ saltspoon. drops.

Blend cornstarch and butter with salt and onion juice. Stir this into 1 cup boiling cream and cook until smooth.

MRS. IVY OWENS MORGAN.

Creamed Ham.

Potatoes (mashed) Pepper ½ teaspoon.
1½ pints. Egg yolks 2.
Cream 2 tablespoons. Salt ½ teaspoon.

Beat yolks, add cream, add both to mashed potatoes, add seasoning and mix thoroughly. Form into ovals or potato shapes. Dip in beaten egg, then in sifted crumbs, fry in deep fat until a golden brown. Scoop out centers to leave a shell ¼ inch in thickness. Fill with the following mixture. Celery (cooked, Ham (cooked, ground)
diced) 1 cup. 1 cup.
Medium white sauce Paprika ½ teaspoon.
1 cup.

Garnish each filled cassiolette with 1 teaspoon of peas, pimento stars and parsley.

MARY E. BUELL.

Ham Timbales.

Bread crumbs (fine) Mustard (dry) ½ tea-
1 tablespoon. spoon.
soaked in 1 cup Milk ½ cup.
milk for ½ hour. Ham (finely chopped)
Eggs (beaten) 2. 1 cup.
Salt ¼ teaspoon.

Add remaining ingredients to bread crumbs in milk. Bake in ramekins in a moderate oven $\frac{1}{2}$ hour. Serves 4.

MARIAN P. NESTOR.

Kidney Bacon Roll.

Bacon 6 strips. Smoked liver sausage
Lamb kidneys 4. $\frac{1}{4}$ pound.

Spread each strip of bacon with liver sausage. Wash kidneys, slice and remove centers. Dry each piece and dip in seasoned flour. Lay 1 or 2 slices of kidney on strips of bacon. Roll up and secure with toothpicks. Put in a greased tin and bake 20 minutes in a brisk oven. Serve garnished with parsley.

MRS. ELIZABETH DOYLE.

Lobster.

Lobster 1 small can. Cracker crumbs
Bread crumbs $\frac{1}{2}$ cup. (coarse) 1 cup.
Cheese (grated) 2 Egg 1.
tablespoons. Worcestershire sauce
Salt and red pepper 1 teaspoon.
to taste. Milk.

Prepare the lobster by breaking into bits. Stir into the beaten egg, add crumbs and seasonings. Add enough milk to moisten the whole and place in generously buttered ramekins. Dot with bits of butter and bake in a hot oven 10 minutes. Serve with hearts of celery.

MRS. E. J. SMITH.

Oyster Croquette.

Elbow macaroni Cheese (grated) $\frac{1}{4}$
(cooked) 1 cup. cup.
Butter $2\frac{1}{2}$ table- Oysters 1 pint.
spoons. Flour $\frac{1}{2}$ cup.
Oyster liquid $\frac{1}{2}$ cup. Milk $\frac{1}{2}$ cup.
Salt 1 teaspoon. Few grains of pepper.

Look over oysters carefully, cutting in pieces if large ones are used. Melt butter in pan and add flour and seasonings, blending well together. Pour in milk gradually and bring to boiling point, stirring constantly. Remove from fire, add macaroni, oysters and cheese. Shape in form of cylinders, dip in crumbs, egg and crumbs again. Fry in deep fat and drain.

MRS. ELSIE G. MITCHELL.

Oysters on Toast.

Oysters 12. Butter 1 tablespoon.
Salt $\frac{1}{4}$ teaspoon. Paprika $\frac{1}{4}$ teaspoon.
Nutmeg $\frac{1}{4}$ teaspoon. Eggs (beaten smooth)
Cream $\frac{1}{2}$ cup. 2.

Draw oysters, chop slightly, melt butter in frying pan, add oysters, sprinkle with spices. Cook a minute, add the eggs and cream, stir con-

stantly as scrambled eggs. Have hot buttered toast on hot platter, serve oysters on toast.

MRS. JENNIE BARTLETT.

Molded Salmon, Cucumber Sauce.

Salmon 1 can. Few grains cayenne.
Salt $\frac{1}{2}$ tablespoon. Egg yolks 2.
Sugar $1\frac{1}{2}$ table- Milk $\frac{3}{4}$ cup.
spoons. Cider vinegar $\frac{1}{4}$ cup.
Butter (melted) $1\frac{1}{2}$ Granulated gelatin $\frac{3}{4}$
tablespoons. tablespoon.
Flour $\frac{1}{2}$ tablespoon. Water (cold) 2 table-
Mustard (dry) 1 tea- spoons.

Remove salmon from can, rinse thoroughly with hot water and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook in double boiler, stirring constantly until mixture thickens. Add gelatin soaked in cold water. Strain and add to salmon. Fill a ring mold or individual molds, chill and serve with:

Whipping cream $\frac{1}{2}$ Cup. 1.
cup. Salt $\frac{1}{4}$ teaspoon.
Few grains white Cider vinegar 2 table-
pepper. spoons.

Beat cream until stiff, add salt, pepper and vinegar gradually, then add cucumber pared, chopped and drained through cheesecloth.

MRS. ARTHUR T. SELBY.

Baked Sweetbreads.

Sweetbreads 3. Egg 1.
Bread crumbs. Butter (melted).
Brown gravy. Parsley.

Leave the sweetbreads in warm water for 1 hour, then place in boiling water and simmer 10 minutes. Drain, brush over with egg, roll in bread crumbs, redip in egg and roll in more crumbs. Drop over them some melted butter, place on greased tin, and bake $\frac{3}{4}$ hour in moderate oven. Serve on toast with brown gravy, garnish of parsley.

MRS. E. G. PHIPPS.

Sweet Potato Croquettes.

Sweet potatoes (hot, Pepper and salt to
baked, pressed taste.
through a ricer) Egg yolks (beaten) 2.
1 pint. Bread crumbs.
Butter 1 teaspoon.

Place potatoes over fire, add butter, beaten yolks of eggs, pepper and salt to taste and beat well with a fork until the mixture leaves the sides of the pan. Cool slightly, form into cones, roll in fine bread crumbs, dip in beaten eggs, roll again in crumbs and fry in hot oil or fat.

MRS. W. R. SIEWERTH.

BEVERAGES

Hot—Cold

A beverage is any liquid which is used as a drink. Water is as essential to life as food. Most beverages contain a large per cent of water. The water which is taken into the body as a drink or beverage helps to quench the thirst, regulate the temperature and system of the body, to carry away the waste materials and to nourish the system in general.

Cherry Juice (Mulled).

Cherry juice 1 quart.	Cinnamon 1 inch stick.
Lemon juice 2 tablespoons.	Sugar 1 cup.
Orange juice 4 tablespoons.	Cloves (whole) 1 teaspoon.
	Water 2 cups.

Heat the water, sugar and cloves together to add the spice flavor. Strain and add the cherry juice, lemon juice, orange juice and heat to drinking temperature. Serve hot.

Chocolate.

Chocolate (unsweetened) 2 squares.	Water 1 cup.
Sugar $\frac{1}{2}$ cup.	Milk 3 cups.
Few grains salt.	Vanilla 2 drops.

Dissolve the sugar and chocolate in the boiling water. Boil a few minutes, scald the milk and add the salt. Pour the milk into the chocolate and stir well. Remove from the fire and add the vanilla flavoring.

Chocolate (Evaporated Milk).

Chocolate (unsweetened) 1 square.	Water 2 cups.
Sugar $\frac{1}{4}$ cup.	Evaporated milk 1 small can.
Few grains salt.	

Heat the water, add the chocolate and sugar and salt. Cook until the chocolate is dissolved, then add the evaporated milk. Heat through and serve.

Chocolate Russian.

Tea 1 teaspoon.	Water 1 cup.
Chocolate 1 square.	Sugar $\frac{1}{2}$ cup.
Milk 2 cups	

Make a cup of tea with the teaspoon of tea and cup of water. Scald the milk, add the grated chocolate and sugar and cook until the mixture is blended. Dilute with the steeped tea.

Cider (Mulled.)

Cider 2 quarts.	Brown sugar 1 cup.
Cinnamon drops 2 tablespoons.	Cloves $\frac{1}{2}$ teaspoon.

Heat the cider and add the sugar, cloves and cinnamon drops. Cook until the cinnamon drops dissolve. Serve hot.

Breakfast Cocoa.

Cocoa 1 tablespoon.	Milk 2 cups.
Sugar 1 tablespoon.	Few grains salt.

Mix the sugar and cocoa and add to the scalded milk. Add the salt and cook for a few minutes. This develops the flavor by cooking the cocoa.

Cocoa (Evaporated Milk).

Cocoa 3 tablespoons.	Water 3 small cans.
Milk 1 small can.	Sugar 4 tablespoons.

Cook the cocoa and sugar in three measures of water until the cocoa is cooked, about 3 minutes. Add the evaporated milk and heat until the mixture is hot. Serve with whipped cream.

Cocoa (Thickened).

Cocoa 2 tablespoons.	Milk 2 cups.
Sugar 2 tablespoons.	Cornstarch 1 teaspoon.
Few drops vanilla.	Water 1 cup.

Mix the sugar, cocoa, cornstarch together and add to boiling water. Boil for 3 minutes and add the scalded milk. Remove from the fire and add vanilla.

Egg Cocoa.

Egg yolk 1.	Milk 1 cup.
Few grains salt.	Cocoa 2 teaspoons.
Sugar 1 tablespoon.	

Beat the egg yolk in a cup, add salt. Mix the sugar and cocoa and add to the scalding milk. Cook a few minutes and pour slowly over the egg yolk. Strain and serve.

Hot Cocoa Malted Milk.

Cocoa 1 tablespoon.	Milk 1 cup.
Malted milk 1 tablespoon.	Water $\frac{1}{2}$ cup.
Sugar 1 tablespoon.	Cream $\frac{1}{2}$ cup.

Mix the cocoa, sugar and malted milk together. Add to the scalded milk and cook a few minutes. Serve with whipped cream.

Currant Jell and Fruit Punch.

Currant jell $\frac{1}{2}$ cup. Orange juice $\frac{1}{2}$ cup.
 Water (hot) 1 cup. Pineapple juice $\frac{1}{2}$
 Sugar $\frac{1}{2}$ cup. cup.
 Cracked ice $1\frac{1}{2}$ cups. Water 2 cups.

Dissolve the currant jell in the hot water and cool. Add the orange juice, pineapple juice and water. Serve over cracked ice.

Fruit Juice Albuminized.

Egg white 1. Lemon juice 2 tea-
 Sugar 2 teaspoons. spoons, or
 Few grains salt. Orange juice 2 table-
 Water $\frac{3}{4}$ cup. spoons.

Boil and cool the water. Slightly beat the egg white and dissolve the egg white in the water. Add the salt, sugar and fruit juice. Chill and serve.

Fruit Punch.

Lemon juice $\frac{1}{4}$ cup. Orange juice $\frac{1}{2}$ cup.
 Pineapple (grated) $\frac{1}{4}$ cup. Sugar $\frac{1}{2}$ cup.
 Water 4 cups.

Dissolve the sugar in one cup of hot water. Cool and add the lemon juice, orange juice and grated pineapple and remaining water.

Grape Limeade.

Limes 3. Grape juice (concen-
 Sugar 3 tablespoons. trated) $\frac{1}{2}$ cup.
 Water 3 cups. Cracked ice.

Mix the lime juice and sugar and stir until the sugar is dissolved. Add the water and grape juice. Serve over cracked ice. Fill the glass one-fourth full of cracked ice.

Malted Milk (Vanilla).

Malted milk powder Vanilla 1 teaspoon.
 1 tablespoon. Water $\frac{1}{2}$ cup.
 Milk $1\frac{1}{2}$ cups. Sugar 1 tablespoon.

Mix the malted milk and sugar together. Add a small amount of cold milk to form a paste. Scald the milk and add the paste to the scalded milk. Cook a minute and remove from fire. Add vanilla and serve.

Mint Julep.

Mint (fresh) few Sugar 2 tablespoons.
 sprigs. Ginger ale 1 pint.
 Lemon juice 3 table- Cracked ice.
 spoons.

Crush the mint and add the lemon juice and sugar. Add the ginger ale and strain. Pour the mixture over a half glass of cracked ice. Add a fresh sprig of mint to the glass.

Orange Eggnog.

Egg 1. Orange juice 1 cup.
 Sugar 2 tablespoons. Ice (chopped) $\frac{1}{2}$ cup.

Beat the egg yolk until it is thick and lemon colored. Add sugar and beat again. Add orange juice and chopped ice and stiffly beaten egg white. Shake well and serve while ice is frozen.

ELSIE G. MITCHEL.

Tea.

Tea 1 teaspoon. Water (boiling) 1 cup.

Pour boiling water over tea grounds. Steep 3 minutes and serve.

Iced Tea.

Tea 3 teaspoons. Water (boiling) 1 cup.

Prepare as for hot tea. Pour the cold concentrated tea over chipped ice or dilute with three parts of ice water.

COFFEE.

Coffee is a perishable grain. It should be bought in small quantities or it should be kept in containers which are air tight. It loses flavor and value when exposed to the air.

Boiled Coffee.

Coffee 2 tablespoons. Water 1 cup.
 Few grains salt. Egg white 1 teaspoon.

Add the egg white and salt and a few tablespoons of water to the coffee grounds. Pour a cup of boiling water over the grounds and boil for 3 minutes.

Drip Coffee.

Coffee (pulverized) Water (boiling) 1 cup.
 2 tablespoons.

Place the coffee in the filter cup of the coffee pot. Add boiling water as quickly as it will drip through the coffee. Reheat and drip through the coffee grounds the second time to strengthen liquid.

Percolated Coffee.

Coffee (coarse) 2 Water 1 cup.
 tablespoons.

When cold or hot water is used, allow the liquid to percolate 3 minutes after it starts to run through the grounds. Fresh boiling water added to the percolator will hasten the process.

BREAD

Quick—Yeast

YEAST BREADS.

Modern times have brought new and simpler methods of making yeast breads. With this good fortune, bread is resuming a most important place in the menu.

The quick process bread is made in a few hours. The icebox yeast bread and rolls have intrigued many housewives to make light rolls. New interest has been developed in the home-made yeast products, and as a result one of the ideal foods is given its proper place.

The following recipes give many variations in modern bread recipes. They offer suggestions for bread for any service one would care to give.

Icebox rolls may be varied after the dough is made. The initiative of the individual has great opportunity in a batch of icebox rolls.

Bacon and Onion Roll.

Butter 3 table- spoons.	Eggs 2.
Milk $3\frac{1}{2}$ cups.	Bacon 1 pound.
Yeast 1 cake.	Onions (minced) 3
Salt 1 teaspoon.	cups.
Sugar 4 tablespoons.	Pepper $\frac{1}{4}$ teaspoon.
Flour $8\frac{1}{2}$ cups.	Paprika $\frac{1}{2}$ teaspoon.
Cardamon seeds 6.	Coffee (black) 2 table- spoons.

Dissolve sugar, salt and butter in scalded milk, cool to lukewarm, add yeast, add $4\frac{1}{2}$ cups flour, mix until smooth, add 2 eggs, cardamon seeds chopped fine, add remainder of flour. Mix to stiff dough and knead thoroughly. Let stand until double in volume. Then turn out on floured board and roll one inch thick, cut and fill with bacon cut fine and mixed with onions, pepper and paprika. Double and fold over and press edges. Let rise to double in volume. Brush with black coffee and bake in slow oven 20 to 30 minutes.

MRS. JOHN LAUKMAN.

Biscuit Without Egg.

Yeast 1 cake.	Butter (melted) 4 ta- blespoons.
Milk (scalded and cooled) 1 pint.	Flour (sifted) 3 pints.
Honey (strained) 3 tablespoons.	Salt 2 teaspoons.

Scald milk and then cool. Dissolve sugar and yeast in lukewarm milk. Add butter and $1\frac{1}{2}$ pints of flour. Beat until smooth. Cover and put in warm place about 1 hour or until light. Add salt, remainder of flour, or enough to knead well. Place in greased bowl in warm place until double in bulk. Roll out $\frac{1}{4}$ inch in thickness. Cut with biscuit cutter. Place 1 teaspoon honey and $\frac{1}{4}$ tea- spoon butter on a round, put a sec- ond round on top and press edges together. Let them rise until light and bake in moderate oven 15 min- utes (375 degrees).

MRS. ROBERT WINSOR.

Yeast Bran Bread.

Water 1 quart.	Molasses 1 cup.
Lard 4 tablespoons.	Bran $\frac{1}{2}$ package.
Salt 1 teaspoon.	White flour 4 quarts.
Sugar $\frac{1}{2}$ cup.	Yeast 2 cakes.

Break yeast in cup and add water to cover, with $\frac{1}{2}$ teaspoon sugar. Let stand until it starts to rise. Heat one-fourth of water with lard, salt and sugar until dissolved, then add remainder of water. Add yeast, molas- ses and bran and mix well. Sift white flour and knead into mixture until dough is of fine texture and forms a solid mixture. Let rise un- til twice its size. Butter bread tins and roll out dough to half fill the pan. Let rise again and place in hot oven and brown. Then turn oven low, bake for about $1\frac{1}{4}$ hours until bread draws away from pan. Remove from oven and turn on board to cool.

FREDA FREEVOL.

Butterscotch Nut Roll.

Milk (scalded) $1\frac{1}{2}$	Eggs 2.
cups.	Flour (warmed) $7\frac{1}{4}$
Compressed yeast 2	cups.
cakes.	Nutmeg 1 teaspoon.
Potatoes (mashed) 1	Salt $\frac{3}{4}$ teaspoon.
cup.	Shortening (melted)
Sugar 1 cup.	$\frac{3}{4}$ cup.

Cool milk in which to dissolve yeast. Add potatoes, sugar and beat- en eggs. Make a nest in flour and pour in liquid, add salt, nutmeg

and shortening. Mix and knead into soft dough. Cover and let rise until double in bulk. Press down and let rise until triple in bulk. Roll out on warm board. Cream together $\frac{3}{4}$ cup brown sugar and $\frac{1}{2}$ cup butter. Spread on dough, adding pecans. Roll up like jelly roll, cut in slices, put in greased pan, let rise and bake 25 minutes in moderate oven.

MISS GRACE KIRBY.

Cinnamon Roll.

Egg yolks (beaten) 1 cup. Flour $4\frac{1}{2}$ cups, more may be necessary.
Butter (melted) 1 cup. Milk 1 cup, or $\frac{1}{2}$ milk and $\frac{1}{2}$ cream.
Yeast 2 cakes. Sugar $\frac{1}{3}$ cup.
Salt 1 teaspoon.

Heat milk; when lukewarm add yeast and sugar. Add $1\frac{1}{2}$ cups flour and when double in bulk add egg yolks, butter, salt, flour and work until dough cracks or forms bubbles. When double in bulk again roll out to $\frac{3}{4}$ inch thick, cut in squares; on half put preserves mixed with beaten egg whites and powdered sugar, fold other half over, press ends firmly, dip in unbeaten egg whites and chopped walnuts to which have been added 3 tablespoons granulated sugar; cook immediately in moderate oven 20 minutes. Sprinkle with powdered sugar when cool.

MRS. MARIE SEDLAK.

Cinnamon Roll.

Milk 2 cups. Salt $\frac{1}{2}$ teaspoon.
Compressed yeast 1 cake. Pinch of mace.
Cinnamon.
Flour about 7 cups. Currants $\frac{1}{4}$ cup.
Sugar $\frac{1}{2}$ cup. Walnuts or pecans.
Butter $\frac{1}{4}$ cup. Butter $\frac{1}{2}$ cup.
Eggs (well beaten) 2. Brown sugar 1 cup.

Bring milk to scalding point and cool to lukewarm. Dissolve yeast cake in warm milk, adding sufficient flour to make rather stiff batter. Beat very hard. Set in warm place and let rise until light. Beat sugar and eggs into melted butter, add salt and mace. Add mixture to batter and flour to make soft dough. Knead until dough does not stick to board. Cover and again set aside to rise to double its bulk. Turn out and roll into thin sheet without kneading, brush with melted butter, sprinkle with currants, dust with sugar and cinnamon, roll up like jelly roll. Cream butter and brown sugar, spread

on bottom of bread tin, sprinkle with nut meats. Cut rolled slices $1\frac{1}{2}$ inches thick, place in pan cut side up. Cover and let stand in warm place until light. Bake in moderate oven 40 minutes. Turn upside down when done.

MRS. JOHN J. TAYLOR.

Coffee Cake.

Yeast $1\frac{1}{2}$ cakes. Salt $\frac{1}{2}$ teaspoon.
Flour (sifted) $3\frac{1}{2}$ cups (sift at least 3 times). Sweet cream 1 cup.
Butter $\frac{1}{2}$ cup.
Sugar $\frac{3}{4}$ cup.
Egg yolks 4. Pinch of mace.
Almonds (chopped) $\frac{1}{4}$ cup. Grated rind of 1 lemon.

Dissolve yeast and 1 tablespoon sugar in lukewarm cream, add $1\frac{1}{2}$ cups flour, beat well and set aside in warm place to rise until light. Add to this butter and sugar creamed, yolks well beaten, mace, almonds well flavored, rind of the lemon, balance of the flour or enough to make a good cake batter, and salt. Beat well after adding each ingredient. Butter a mold well, sprinkle with a little sugar, then grated almonds. Pour batter into mold and let rise for about 1 hour or until mold is nearly full; bake 50 to 60 minutes in oven 350 degrees.

MRS. JEANETTE MARESH.

Coffee Cake.

Milk 1 pint. Salt 1 teaspoon.
Eggs 3. Nutmeg $\frac{1}{8}$ teaspoon.
Butter 6 ounces. Yeast 1 cake.
Lemon peel. Almonds $\frac{1}{4}$ pound.
Sugar 3 tablespoons. Flour 5 cups.
Mace $\frac{1}{8}$ teaspoon. Raisins $\frac{1}{4}$ pound.

Scald the milk, put aside $\frac{1}{2}$ cup. Into $1\frac{1}{2}$ cups scalded milk put sugar, salt and butter; when milk is lukewarm add 1 teaspoon sugar in $\frac{1}{2}$ cup milk. Let yeast rise, add flour, beat well and set aside to rise until light. Add remaining ingredients and let rise to double its bulk. Bake in 350-degree oven.

MRS. OTTILIE MANCL.

Coffee Cake, Swedish.

Flour 4 cups. Salt $\frac{1}{2}$ teaspoon.
Milk (warm) 1 pint. Cardamom (finely ground) $\frac{1}{2}$ teaspoon.
Butter $\frac{1}{2}$ cup. Spoon.
Sugar $\frac{1}{2}$ cup. Compressed yeast 1 cup.
Water (lukewarm) $\frac{1}{2}$ cup. cake.

Place flour in large bowl. Add butter, sugar, salt to milk. Stir milk mixture into flour. Sprinkle a little sugar over a cake of compressed yeast which has been crumbled into a cup. Pour lukewarm water over yeast to

dissolve it, then add to soft dough. Add cardamon to dough and mix thoroughly. Cover the bowl and let rise till dough is twice its size, then turn out on well-floured board and knead thoroughly, adding a little flour. Divide into three parts, roll out and braid together. Put in buttered pan, sprinkle with sugar and cinnamon, dot with butter and let rise again, about 45 minutes. Bake 20 minutes in moderate oven.

MABEL HERRLIN.

Streusel Coffee Cake.

Yeast 2 cakes.	Sugar 1 tablespoon.
Flour 4 to 4½ cups.	Lard 6 tablespoons.
Sugar ½ cup.	Milk (scalded) 1 cup.
Eggs 3.	Water (lukewarm) 1 cup.
Salt ½ teaspoon.	

Dissolve yeast and 1 tablespoon sugar in lukewarm liquid, add 3 cups flour and beat until smooth, add melted fat, ½ cup sugar, eggs and salt, balance of flour gradually to make moderately soft dough. Knead lightly on board. Place in greased bowl, brush with melted butter, cover and let rise 2 hours (to twice its bulk). Divide dough in half, spreading each half in pan 8 by 11, pressing into corners. Let rise about 1 hour. Brush tops with beaten egg yolk diluted with half tablespoon milk, sprinkle with streusel and cinnamon. Bake in moderate oven, 375 degrees, for 25 minutes.

Streusel top dressing:

Flour 1 cup.	Butter or substitute
Sugar 1 cup.	½ cup.

Work all together with fingers thoroughly, sprinkle over top of cake.

CHARLES J. JARVIS.

Cottage Cheese Squares.

Yeast 1 cake.	Salt butter ½ pound.
Eggs 4.	Flour to roll out
Sweet cream 4 table- spoons.	about 2½ cups.

Filling:

Cottage cheese 1 pound.	Egg yolk 1.
Sugar ¾ cup.	Pinch of salt.
	Vanilla 1 teaspoon.

Make a meringue of the 5 egg whites to which ½ cup powdered sugar has been added.

Mix together butter and egg yolks, then add sweet cream and yeast foam (make yeast foam by mixing together crumbled yeast, 3 tablespoons lukewarm milk, 2 tablespoons sugar, letting rise near even heat 10 minutes). Add flour and mix all well. Separate

dough in 2 parts and roll out parts thinly to fit pan 12 by 18. Place half in pan, second half on board and let stand at least 4 hours. Then place cottage cheese in bowl, add yolk of egg, sugar, salt, vanilla and mix well until of spreading consistency. Spread evenly on dough in pan, put second half dough on top, place meringue over and sprinkle with ½ cup chopped blanched almonds. Bake in slow oven 45 minutes, gradually raising temperature until nice brown. When baked cool, cut in squares and sprinkle with powdered sugar.

MRS. EDWARD J. BOHAC.

Date Surprise Rolls.

Milk ¾ cup.	Lard 2 tablespoons.
Water ½ cup.	Butter 2 tablespoons.
Sugar 2 tablespoons.	Salt 1 teaspoon.

Combine the above ingredients and bring to the boiling point. Set aside to cool. When lukewarm add one yeast cake dissolved in three tablespoons lukewarm water, add 1 cup sifted flour and beat well with round egg beater for 5 minutes. Add enough flour to make a medium stiff dough. Grease the dough with butter, cover and let rise 3 hours. Roll out on floured board to ¼ inch thickness, cut with biscuit cutter. Dip in melted butter, place a date which has been seeded and stuffed with ¼ marshmallow in center of roll and fold over. Place in greased pan to rise 1 hour. Bake at 350 degrees 25 minutes. Brush over with melted butter just before removing from oven.

MRS. VAN POINDEXTER.

Yeast Muffins.

Flour 1 quart.	Milk (warm) 1 quart.
Sugar 3 tablespoons.	Butter (melted) 2
Pinch of salt.	tablespoons.
Eggs (beaten) 3.	Sugar ½ teaspoon.
Yeast 1 cake.	

Put yeast in a cup of warm water with ½ teaspoon sugar. Mix other ingredients in large earthenware bowl thoroughly. Stir in yeast and let rise until it is double its size. Put in greased muffin pans and bake 15 minutes in hot oven.

MRS. P. J. NEWTON.

Yeast Roll with Egg.

Milk (scalded) 2 cups.	Compressed yeast 1
Sugar 3 tablespoons.	cake dissolved in ¼
Butter 3 tablespoons.	cup lukewarm water.
Salt 2 teaspoons.	Flour (sifted) 3 cups.
Egg 1.	

Put sugar, salt and butter in scalded

milk, cool slightly and add to flour in mixing bowl, beat until smooth and add dissolved yeast cake. Let rise 1 hour, add beaten egg and flour to stiffen and knead 15 minutes. Let rise twice its size. Knead down smooth. Let rolls rise and bake 12 minutes in 375 degree oven.

LYNN M. WILLIS.

Filled Fried Cake.

Yeast 1 cake.	Butter (melted) 4
Milk (rich, warm) 1½	tablespoons.
cups.	Sugar 2 tablespoons.
Sugar 1 teaspoon.	Salt ½ teaspoon.
Egg yolks 4.	Cooking sherry 2
Flour ¾ pound.	tablespoons.

Break yeast in ½ cup warm milk, add 1 teaspoon sugar and set in warm place to rise. Beat egg yolks until creamy, add butter, remaining sugar and beat well. Add remaining cream, salt, sherry, raised yeast and flour to make a soft dough. Let rise, turn out on floured board and pat to ½ inch thickness, cut in 2-inch squares and put in a teaspoon filling on each square. Fold over and pinch edges tight and let rise under cloth cover until light. Drop in hot shortening and fry until brown on either side. Drain and sprinkle with powdered sugar. N. B.—Filling may be apricot, pineapple, poppy seed, stewed prunes, CATHERINE PTACEK.

Dark Fruit Bread.

Prunes ½ pound.	Dates (chopped) ½
Yeast 2 cakes.	cup.
Flour.	Candied citron, lemon
Figs (chopped).	and orange peel, 1
Currants ½ cup.	tablespoon each.
Dried apricots	Ground cinnamon 1
(chopped) ¼ cup.	teaspoon.
Almonds (chopped) ¼	Ground cloves 1 tea-
cup.	spoon.

Soak prunes and a few figs in water to cover 2 hours. Cook twenty minutes. Strain. Cook liquid down to ¾ cup. When liquid is lukewarm add 2 cakes yeast and flour to make a soft dough. When this rises to double its bulk knead well and mix in prunes, figs, currants, dates, apricots, almonds candied citron, lemon and orange peel, ground cinnamon and cloves. Add more flour to form stiff dough. Knead well 15 minutes. Cover and let rise to double its size. Shape into oval beads, sprinkle with blanched and split almonds. Brush with sweetened milk and bake in moderate oven, 350 degrees, 1 hour.

ULRIKA E. BAUER.

Graham Schnecken.

Milk 1 cup.	Whole-wheat flour 1
Honey 1 cup.	cup.
Shortening (lard or	Eggs 2.
bacon drippings)	Butter ½ cup.
¾ cup.	Puffed raisins ½ cup.
Salt 1 teaspoon.	Prunes (cooked in
Yeast 1 cake, ¼	small amount water)
cup warm water.	½ pound.
White flour 2 cups.	Brown sugar ½ cup.

Scald milk, add shortening, honey, salt, and when lukewarm yeast cake in warm water. Add 2 cups white flour and beat thoroughly. Cover and let rise until light. Add 2 eggs beaten until thick and lemon colored, and whole-wheat flour. Cover and let rise till light. Knead lightly. Put on floured board. Roll very thin with rolling pin. Spread with butter, cooked and stoned prunes, seedless raisins and warmed honey. Roll like jelly roll. Cut in slices 1 inch thick. Press brown sugar and nuts against sides and bottom of gem pans, place one roll topside down in each ring. Cover and let rise until light and bake 25 minutes in 400-degree hot oven. Remove from oven, invert rolls on plate to cool.

MRS. E. F. WECK.

Yeast White Nut Bread, Icebox Nut Bread.

Sugar ½ cup.	Flour 7 or 8 cups.
Salt 1 teaspoon.	Butter 2 tablespoons.
Compressed yeast 2	Eggs 2.
cakes.	English walnuts
Water (boiling) 2	(shelled, cut in
cups.	pieces) ½ pound.

Add the sugar, salt and butter to the boiling water and stir well. When this is cool, add 2 cakes of yeast dissolved in ¼ cup lukewarm water to which 1 teaspoon of sugar has been added. Add the 2 beaten eggs, stir in 4 cups sifted flour and beat this thoroughly. Add nut meats, 3 or 4 more cups sifted flour and beat again well. Do not knead this dough. Cover and place in the icebox overnight, then make into 2 loaves, place in well-greased pan and let rise until double in bulk, about 3 hours. Place in moderate oven 350 degrees and bake 1 hour.

MRS. BYRON ELLIS.

Oatmeal Raisin Bread.

Yeast 1 cake.	Bread flour 6 cups.
Sugar 2 tablespoons.	Salt 2 teaspoons.
Water (lukewarm)	Shortening 1 table-
¾ cup.	spoon.
Milk 1 pint.	Seeded raisins or
Rolled oats 2 cups.	chopped prunes 1½
Molasses ½ cup.	cups.

Dissolve yeast and sugar in luke-

warm water. Scald milk, add oats and let cook to lukewarm, and then add yeast with 3 cups of flour and mix thoroughly. Set aside to rise to double in bulk, then add fat, raisins, molasses; stir thoroughly, sift salt with remaining flour and add to dough; knead to firm, elastic dough and let rise again to double in bulk, then shape in loaves. Bake in hot oven 10 minutes, reduce heat to medium and bake 50 minutes longer.

LILLIAN COFFEY.

Orange Pecan Roll.

Sugar 2 tablespoons.	White flour $1\frac{1}{2}$ cups.
Salt 1 teaspoon.	Graham flour (sifted) $1\frac{1}{2}$ cups.
Rich milk (scalded) 1 cup.	Pecan meats (chopped) $\frac{1}{2}$ cup.
Yeast 1 cake.	Candied orange peel (chopped) $\frac{1}{2}$ cup.
Water (lukewarm) $\frac{1}{4}$ cup.	

Put sugar, salt and milk in mixing bowl. When lukewarm add yeast dissolved in water and white and graham flour, then nuts and orange peel. Beat vigorously with a spoon and allow to rise. Knead down and fill large buttered baking powder cans $\frac{1}{2}$ full. Let rise and bake in moderate oven.

MISS CORELLI L. NELSON.

Orange Rye Bread.

Milk (scalded) 2 cups.	Salt 2 teaspoons.
Shortening 2 tablespoons.	Sugar 4 tablespoons.
Yeast 1 cake softened in $\frac{1}{2}$ cup lukewarm water.	White flour 4 cups.
	Orange rind (grated) 1 tablespoon.
	Seeded raisins 1 cup.
	Rye flour 4 cups.

Scald milk, add salt, sugar and shortening. When lukewarm add orange rind and softened yeast. Add rye flour and beat well. Add raisins and white flour. Turn on floured board and knead until mixture is smooth and does not stick to the hands. Let rise $3\frac{1}{2}$ hours or until double in bulk in greased bowl. Shape into loaves and place in greased bread tins, let rise $1\frac{1}{2}$ hours in warm place. Bake in moderate oven 50 minutes. Make 3 small loaves.

MRS. LYDIA WALL.

Parker House Rolls.

Milk 1 pint.	Salt 1 teaspoon.
Butter 1 tablespoon.	Sugar 1 tablespoon.
Lard 1 tablespoon.	Yeast 1 cake.
Egg 1.	Flour 6 cups.

Put flour in bowl, add yeast in middle after it has been dissolved in $\frac{1}{2}$ cup water and 1 teaspoon sugar.

Scald milk, add butter and lard, let cool. Add sugar and salt, well-beaten egg and add to flour and risen yeast. Beat well; let rise to double its bulk. Then roll out $\frac{1}{2}$ inch thick, cut small rounds with a glass, take each round, pull it oblong, make a slight cut in middle but not all through. Butter well and fold over, put in buttered pan and let rise 20 minutes. Bake at 450 degrees.

MRS. WILLIAM ENGEL.

Pecan Whole-Wheat Rolls.

Yeast $\frac{1}{2}$ cake.	Water (warm) 1 cup.
White flour 2 cups.	

Mix the above into sponge, let rise, then add:

Water (warm) 1 cup.	Salt $\frac{1}{2}$ tablespoon.
Lard $\frac{1}{2}$ cup.	Wholewheat flour 3 cups.
Sugar $\frac{1}{4}$ cup.	

Mix stiff and let rise. When double in bulk, roll the dough to about $\frac{1}{2}$ inch thickness. Spread with butter and sugar mixture, using about $\frac{1}{2}$ as much butter as brown sugar. Cover with pecan nut meats. Roll up and cut in slices. Put on greased pan, turn cut side down, allow to rise. Bake at 350 degrees for 15 or 20 minutes. Makes 18 rolls.

MRS. ELLA HAMMESS.

Yeast Potato Bread.

Flour 8 to 10 cups.	Potato water 1 quart.
Salt 2 tablespoons.	Milk 1 cup.
Sugar 5 tablespoons.	Yeast $2\frac{1}{2}$ cakes.
Lard 4 tablespoons.	

Boil 2 medium-sized potatoes in quart of water until they can be mashed into the water. Add cup of milk and lard while boiling hot; then set where it will be just warm. Sift flour and salt into bread pan. Make hole in center of flour and mix sugar in center. Mix in potato water, add yeast which has been put to soak in $\frac{1}{2}$ cup lukewarm water. Mix just enough of the flour down the center to make light sponge, and beat it well so it is not lumpy. Let bread rise, mix it stiff, and let it rise again. Knead for 15 minutes and bake in 3 large loaves.

MRS. M. A. CRONIN.

Potato Roll.

Milk 1 quart.	Water (lukewarm) $\frac{1}{2}$ cup.
Potatoes (mashed) 1 cup.	Baking powder 2 teaspoons.
Salt $2\frac{1}{2}$ teaspoons.	Soda 1 teaspoon.
Fat (melted) 1 cup.	Flour 8 to 10 cups.
Yeast 1 cake.	

Scald sweet milk, let cool. When

lukewarm add potatoes, salt, baking powder, soda, fat and yeast which has been dissolved in warm water. Add about 5 cups of flour or enough to make a soft sponge, let stand until small bubbles come to the top, then cut in enough flour to make a stiff dough, knead on the board and place in the refrigerator. Let dough stand 24 hours, then pinch off amount needed for rolls and shape, let rise and bake in hot oven.

MRS. M. R. COTHARIN.

Yeast Rye Bread.

Compressed yeast 1 Water (in which potato cake. potatoes were boiled) 3 cups.
Stone-ground rye flour 2 cups. Potatoes (mashed) 1 cup.
White flour 8 cups. Molasses ½ cup.
Salt 1 teaspoon.

Dissolve yeast in ½ cup lukewarm water. Stir the rye flour in the slightly warmed potato water, add dissolved yeast, beat well, then let rise for about 2 hours till light and bubbly. Add molasses, then white flour 1 cup at a time, stir with spoon till thick enough to use hands. Reserve the last cup of flour to use while kneading. Knead, make into loaves and let rise until double its bulk, about 1 hour. Bake 1 hour in moderate oven. Makes 2 large loaves.

MRS. SADIE H. BROWN.

Yeast, Rye and Bran.

Whole-wheat flour 4 cups. Salt 2 teaspoons.
Rye flour 3 cups. Sugar 4 tablespoons.
White flour (used for kneading dough on board) 1 cup. Shortening 2 tablespoons.
Water 2 cups. Yeast 1 cake dissolved in ¼ cup lukewarm water.

Heat water. Add shortening, sugar, salt and dissolve yeast cake to water. Add whole-wheat flour and rye flour and knead until the dough is smooth and elastic. Place in greased bowl and let rise in a warm place until light. Remove from bowl and knead into 3 loaves. Place in loaf tins and let rise in warm place 1½ hours. Bake in moderate oven 50 or 60 minutes.

MISS MARION WALL.

Schnecken.

Milk 1 cup. Sugar ¼ pound.
Sugar 2 tablespoons. Salt 1 teaspoon.
Butter 2 tablespoons. Yeast 1 cake.
Eggs 3.
Flour 5 cups. Currants ½ pound.
Almonds (ground) 1¼ pounds. Cinnamon.

Scald milk. Add sugar, butter and

salt. When cool add yeast dissolved in 2 tablespoons warm water; add eggs. Mix with sifted flour to make a soft dough. Let rise to double its bulk. Roll to ¼ inch thickness. Spread with butter, sprinkle with sugar, cinnamon, currants and almonds. Shape like jelly roll, then cut in 12 slices. Grease muffin pan heavily with butter and put 1 teaspoon brown sugar in each mold. Place in slices of bread and let rise to double their bulk. Bake in hot oven 30 minutes.

SARAH WEISS.

Vienna Bread.

Flour 1 pound. Milk ½ pint.
Salt 1 teaspoon. Egg 1.
Butter 1 ounce. Sugar 1 teaspoon.
Yeast ½ ounce.

Sift flour and salt, rub in the butter. Cream yeast and sugar. Add lukewarm milk and mix with flour. Then add beaten egg. Make a smooth dough, cover and let rise 1 hour. Make into fancy shapes, place on greased baking sheet, let rise 15 minutes. Bake in quick oven 20 to 30 minutes. Brush with melted butter.

MARGARET C. HORECK.

White Yeast Bread (Short Process).

Milk (scalded) ½ cup. Sugar 1 tablespoon.
Water (boiling) ½ cup. Salt ¾ teaspoon.
Butter or lard ½ cup. Flour 3½ cups.
Compressed yeast ¾ cake.

Put sugar, salt and lard in a bowl and pour over hot liquids; let cool, then stir in the yeast mixed to paste in 2 tablespoons lukewarm water. Add flour, beat well and knead for 15 minutes. Let double in bulk and make into loaf. Let double again and bake for 45 minutes. Have oven hot at first, then reduce heat.

MRS. MAUDE HAGEN.

White Bread.

Salt 3 teaspoons. Water (boiling).
Flour (sifted) 3 Lard 3 tablespoons.
quarts. Sugar 3 tablespoons.
Evaporated milk 1 Yeast 1 cake.
small can. Water (lukewarm) ½ cup.
Potato water.

Put salt into flour and mix thoroughly. Add potato water and boiling water to a small can of evaporated milk to make 1 quart of liquid. Melt lard in it and cool to lukewarm. Put sugar in yeast and add ½ cup lukewarm water. When yeast rises

to the top of cup it is ready for use. Make a hole in flour and salt, pour liquid into hole and add yeast and sugar. Beat with spoon, work flour down gently and knead 15 minutes. Cover with heavy towel and let rise $2\frac{1}{2}$ to 3 hours. Sprinkle board with flour, add $\frac{1}{2}$ cup gradually and knead 5 minutes, shape into loaves and let rise about $1\frac{1}{2}$ hours. Bake bread $\frac{1}{2}$ hour in moderate oven, then reduce heat and bake $\frac{1}{2}$ hour longer. Makes 3 large loaves.

MRS. WM. F. O'DONNELL.

Whole-Wheat Bread.

Water (lukewarm) 4 cups. Salt 4 teaspoons. Fat (melted) 4 tablespoons. Yeast or compressed yeast 1 cake; let rise. Sugar 4 tablespoons.

Make a bread sponge, using the above measurements. The next day add 1 cup molasses and stiffen with graham or whole-wheat flour. Knead and form into loaves. Let rise to double its bulk, bake in moderate oven, 350 to 400 degrees, from 1 to $1\frac{1}{4}$ hours.

MRS. ALBERT BUDDENHAGEN.

Whole-Wheat Bread.

Milk (scalded) or water 2 cups. Sugar 2 cups. Brown sugar 2 tablespoons. Whole-wheat flour 4 cups. Salt 2 teaspoons. White flour 3 cups. Butter 2 tablespoons. Pecans (chopped) $\frac{1}{2}$ cup. Compressed yeast 1 cup. Seedless raisins $\frac{1}{2}$ cup. $\frac{1}{2}$ cake.

Add sugar, salt and butter to scalded milk. When lukewarm add yeast dissolved in lukewarm water. Add whole wheat flour and mix thoroughly. Work in white flour, nuts and raisins. After mixing and kneading cut dough in two, shape and place in well-buttered bread tins. Let rise in warm place until not quite double in bulk and bake 50 minutes in medium oven, 400 degrees. Makes 2 loaves.

SIGRID SITTING.

Whole-Wheat Bread.

Potato water or scalded milk 1 quart. Sugar $\frac{1}{2}$ cup. Compressed yeast 2 cakes dissolved in $\frac{1}{2}$ cup lukewarm water. Molasses $\frac{1}{2}$ cup. Coarse breakfast bran 1 cup. Whole-wheat flour 3 cups. White flour 4 or 5 cups. Lard (melted) 3 tablespoons. Seedless raisins 1 cup. Salt 1 teaspoon.

Cool the potato water or scalded

milk and add all ingredients but white flour and raisins. Beat thoroughly or until perfectly smooth. Let rise in a warm place about 1 hour until double in bulk. Add raisins and white flour. Knead well on board, adding more flour if necessary, as dough should be quite stiff. Put dough in well-greased bowl, cover and set in a warm place to rise until double in bulk. Knead down again and cut 4 equal portions. Knead each and shape into loaves. Put in greased pans and let dough double in size. Place in oven and bake 1 hour at 400 degrees.

MRS. LEONARD BOEKER.

SALT RISING.

Bread, Salt Rising.

Sweet milk 1 cup. Corn meal (white preferred) 1 scant cup. Water (scalding) 1 $\frac{1}{2}$ cups. Lard or butter 1 tablespoon. Sugar 3 tablespoons. Water (lukewarm) or milk $2\frac{1}{2}$ cups. Salt 2 teaspoons. Soda $\frac{1}{4}$ teaspoon. Flour 2 quarts.

Put 1 cup sweet milk into $\frac{1}{2}$ gallon bucket or pitcher, add scalding water and stir until cool. Add 2 tablespoons sugar, 1 teaspoon salt, soda and corn meal, and stir in enough flour to make a thick batter. Place mixture in pan of very warm water and maintain an even heat until bulk is doubled. (Takes from 2 hours to 8.) After sponge has risen to top of the vessel sift 2 quarts of flour with 1 tablespoon sugar, 1 teaspoon salt and rub in 1 tablespoon lard or butter. Make a hollow in center of flour and pour in sponge and about $2\frac{1}{2}$ cups milk or water. Knead until soft dough is formed, then until all dry flour is worked in, adding more if necessary. Make into loaves, butter tops with melted butter, put in warm place to rise to double their bulk. Allow bread to rise in moderately hot oven, then increase heat. Bake 50 minutes to 1 hour.

MRS. MARY CAMPBELL.

Bread, Salt Rising.

Milk 2 pints. Flour. Corn meal 2 tablespoons. Salt 2 level teaspoons. Spoons. Water (warm) 1 pint. Sugar 2 heaping tablespoons. Lard 1 heaping tablespoon.

At noon the day before making the bread scald 1 pint of milk, stir in 2 tablespoons corn meal. Leave this

in warm place until morning. Next morning scald 1 pint of milk, let get lukewarm, add enough flour to make thick batter and stir in mush made the day before 1 heaping tablespoon of sugar and a level teaspoon salt. Set in pot of warm water to rise. Then take sponge, add pint of warm water, heaping tablespoon of lard, heaping tablespoon sugar, teaspoon salt and flour to make a stiff dough; make into loaves and set in warm place to rise. Bake 45 minutes in 350-degree oven.

QUICK BREAD.

The term quick bread covers all quick-process breads. This includes breads leavened with eggs, baking powders and soda; batter cakes, biscuits, breads, fritters, gingerbreads, muffins and waffles.

From the plainest biscuit to the fanciest luncheon or supper bread, the product must be well flavored, light and browned to the right hue for the best results.

In the following group there are many unusual and interesting recipes.

Bacon Muffins.

Bread flour 2½ cups. Bacon (crisply fried, minced) ¼ cup.
Baking powder 5 teaspoons. Egg (beaten) 1.
Sugar 1 tablespoon. Milk 1 cup.
Salt ¾ teaspoon. Bacon fat (melted) 3 tablespoons.

Mix and sift dry ingredients thoroughly. Add bacon and mix. Beat egg, add milk and melted fat. Pour liquid ingredients into dry and stir until flour is well dampened and given 2 or 3 extra stirs. Pour into well-greased muffin pans. Bake 25 minutes in hot oven, 400 degrees. Makes 12.

MRS. JOHN SNYDER.

Boston Brown Bread.

Corn meal 1 cup. Dates (chopped) ½ cup.
Graham flour 1 cup. Candied cherries ¼ cup.
White bread flour 1 cup. Orleans molasses ¾ cup.
Soda 2 teaspoons. Figs (chopped) ½ cup. Sour milk 2 cups.
Salt 1 teaspoon.

Sift all dry ingredients together; stir into the sour milk, beat well and add the fruit. Fill molds or cans ¾ full and steam 3 hours.

MRS. J. E. HATFIELD.

Plain Biscuits.

Flour 2 cups. Water ¾ to 1 cup.
Baking powder 3 Shortening ¼ cup.
teaspoons. Salt ¾ teaspoon.

Cut the fat through the dry ingredients. Add sufficient milk to make a dough. Pat out to desired thickness and cut. Bake in a hot oven 8 to 10 minutes. Thick biscuits take a longer period.

Rich Sweet Milk Biscuits.

Flour 2 cups. Milk ¾ to 1 cup.
Baking powder 3 Lard ½ cup.
teaspoons. Salt ¾ teaspoon.

Use the method used in plain biscuits. Bake in a more moderate oven for a slightly shorter period.

Sour Milk Biscuits.

Flour 2 cups. Fat 3 tablespoons.
Baking powder 1 Soda ½ teaspoon.
teaspoon. Sour milk 1 cup.
Salt ½ teaspoon.

Mix the dry ingredients and cut in the fat. Add the sour milk to form a soft dough. Complete as you would rich milk biscuits.

Rich Sour Milk Biscuits.

Flour 2 cups. Fat ½ cup.
Soda ½ teaspoon. Salt ½ teaspoon.
Baking powder 1 Sour milk 1 cup.
teaspoon.

Use the method of mixing plain biscuits. Bake in a moderate oven when rolled thick and hotter oven when rolled thin.

Coconut Bread.

White sugar 1 cup. Egg 1.
Pinch of salt. Shredded coconut 1
Flour 3 cups. cup.
Baking powder 3 Sweet milk or coco-
teaspoons. nut milk 1 cup.

Sift flour, baking powder and salt; add coconut and well-beaten egg. Add milk and stir all vigorously with a knife. Let it rise in baking pan in a warm place 20 minutes. Bake 50 minutes, 325 to 350 degrees.

MRS. T. R. PICKFORD.

Fruit and Nut Coffee Cake.

Flour 2 cups. Lard or fat ½ cup.
Baking powder 3½ Sugar ½ cup (2 ta-
teaspoons. blespoons).
Salt 1 teaspoon. Eggs 2.
Milk or water ¾ Raisins ¼ cup.
cup.

Sift flour, salt and baking powder together. Work lard into mixture, add sugar. Make hole in center and add unbeaten eggs, milk and raisins. Mix thoroughly. Fit into layer-cake pan. Brush top with:

Egg white 1, or Sugar 1 tablespoon.
some milk. Blanched almonds
Citron (chopped fine) (chopped fine) $\frac{1}{4}$
 $\frac{1}{4}$ cup. cup.

Bake 20 to 30 minutes at 400 degrees.

MAR HELEN PHINN.

Coffee Cake.

Shortening 2 table- Baking powder 4 tea-
spoons. spoons.
Milk $\frac{3}{4}$ cup. Ground mace $\frac{1}{4}$ tea-
Egg 1. spoon.
Sugar 4 tablespoons. Salt $\frac{1}{2}$ teaspoon.
Flour 2 cups.

Sift sugar, flour, baking powder, salt and mace together 3 times. Cut in shortening and add milk and beaten egg. Turn into well-greased oblong pan and cover with the following: Shred $\frac{1}{4}$ pound apricots through small disc of food chopper, add 4 tablespoons water, 2 tablespoons sugar and $\frac{1}{2}$ teaspoon cinnamon. Cook for 3 minutes. Spread on unbaked cake and bake 25 minutes in moderate oven, 375 degrees. When cool frost cake with $\frac{1}{2}$ cup powdered sugar mixed with 2 tablespoons milk.

MRS. ETTA F. HARTMAN.

Date Coffee Cake.

Brown sugar 2 cups. Baking powder 2 tea-
Flour $1\frac{3}{4}$ cups. spoons.
Flour $\frac{1}{4}$ cup. Sour milk 1 cup.
Eggs 2. Dates (pitted and
Baking soda $\frac{1}{2}$ tea- chopped) 1 cup.
spoon. Walnut meats
Butter $\frac{1}{2}$ cup. (chopped coarsely)
Salt $\frac{1}{2}$ teaspoon. $\frac{1}{2}$ cup.

Cream sugar and butter. Sift in $1\frac{3}{4}$ cups flour. Crumb up with hands. Take off $\frac{1}{2}$ cup to use on top of cake. Sift 2 teaspoons of baking powder and $\frac{1}{4}$ cup flour into first mixture. Make a hollow and beat eggs and salt therein slightly. Add sour milk, then baking soda dissolved in a little boiling water. Beat all together. Fold in dates. Bake in 9-inch squares in greased pan, putting nuts on top and then $\frac{1}{2}$ cup crumbs on top of nuts. Bake slowly 18 to 20 minutes.

MRS. CATHERINE KOST.

Coffee Cake.

Butter 2 table- Baking powder 2 tea-
spoons. spoons.
Lard 1 tablespoon. Salt 1 teaspoon.
Sugar $\frac{3}{4}$ cup. Egg yolk (beaten) 1.
Egg 1. Cream 1 tablespoon.
Milk 1 cup. Flour 2 tablespoons.
Flour 2 cups. Sugar 2 tablespoons.

Melt 1 tablespoon of butter and 1 of lard, add $\frac{3}{4}$ cup sugar, 1 egg; beat thoroughly with a spoon, add 1 cup

milk, 2 cups flour mixed with 2 teaspoons baking powder and $\frac{1}{2}$ teaspoon salt; beat hard. (Makes 2 cakes.) Cover one cake with beaten egg yolk mixed with 1 tablespoon cream, sprinkle with sugar and cinnamon. Cover the other with crumbs made by melting remaining butter, adding 2 tablespoons each of flour and sugar, $\frac{1}{2}$ teaspoon salt. Bake $\frac{1}{2}$ hour in moderate oven.

MRS. A. R. SHERWOOD.

Coffee Cake with Fruit and Nuts.

Shortening 4 table- Baking powder 2 tea-
spoons. spoons.
Sugar $\frac{1}{2}$ cup. Milk $\frac{1}{2}$ cup.
Flour 1 cup. Eggs 2.

Cream shortening and sugar, add well-beaten egg yolks. Sift flour and baking powder and add alternately with milk to first mixture. Fold in beaten whites. Spread $\frac{1}{2}$ of the batter in pan, then a layer of filling and then remainder of batter:

Brown sugar $\frac{1}{2}$ cup. Dates (chopped) $\frac{1}{2}$
Flour 2 teaspoons. cup.
Cinnamon 1 tea- Butter (melted) 3 tea-
spoon. spoons.
Nuts (chopped) $\frac{1}{2}$ cup.

Finely chopped nuts may be sprinkled on top.

MRS. CHARLES R. ROTH.

Corn Bread.

Corn meal $1\frac{1}{2}$ cups. Soda 1 teaspoon.
Flour $\frac{1}{2}$ cup. Butter (melted) 1 tea-
Sugar $\frac{1}{2}$ cup. spoon.
Salt 1 teaspoon. Sour milk $1\frac{1}{2}$ cups.

Mix and sift dry ingredients. Add milk and fat. Beat until very smooth and even. Bake in a shallow well-greased pan about 25 minutes in a hot oven until golden brown.

MRS. CLYDE L. MILLER.

Old-Fashioned Corn Cakes.

Eggs 2. Yellow stone-ground
Buttermilk 2 cups. corn meal 2 cups.
Soda $1\frac{1}{2}$ teaspoons. Salt 1 level teaspoon.

Beat the eggs well, stir in buttermilk, add the corn meal slowly to make a thick batter; mix the soda and salt with a tablespoon of cold water and add to batter. Have a griddle hot, bake and serve immediately.

A. F. MESERVE.

Corn Muffins.

Cornmeal 1 cup. Fat (melted) 3 table-
Flour 1 cup. spoons.
Sugar 2 tablespoons. Baking powder 1 tea-
Salt $\frac{1}{2}$ teaspoon. spoon.
Egg 1. Soda 1 teaspoon.
Sour milk $1\frac{1}{2}$ cups.

Mix and sift dry ingredients to-

gether. Add beaten egg and melted fat to sour milk. Add milk to dry ingredients and stir little as possible to mix. Bake 20 minutes in moderate oven.

MISS ALBIE JAROS.

Date and Nut Bread.

Sugar $\frac{1}{2}$ cup. Nut meats (or nuts and raisins) 1 cup.
Flour 3 cups. Dates (chopped) 1 cup.
Baking powder 3 teaspoons. Egg 1.
Salt 1 teaspoon. Milk $1\frac{1}{2}$ cups.
Cinnamon 1 teaspoon.
Butter 1 tablespoon.

Sift flour, baking powder, sugar, salt and cinnamon together; add nut meats and dates and mix thoroughly. Add milk to which well-beaten egg has been added, stirring constantly. Beat well; cover and allow to stand 30 minutes. Bake in moderate oven, 325 degrees, for 1 hour.

N. I. PHELAN.

Date Muffins.

Whole-wheat flour 1 cup. Shortening 1 tablespoon.
White flour $\frac{3}{4}$ cup. Dates (chopped) $\frac{1}{2}$ cup.
Milk 1 cup. Baking powder 3 teaspoons.
Salt $\frac{1}{2}$ teaspoon. Sugar 2 tablespoons.
Egg 1.

Cream sugar and shortening; add salt and beaten egg. Beat well and add milk and whole-wheat flour. Mix baking powder with white flour. Add and mix in dates and bake in muffin tins 15 to 20 minutes in hot oven.

SARA E. GERHART.

Ginger Bread.

Butter $\frac{1}{2}$ cup. Allspice 1 teaspoon.
Sugar $\frac{1}{2}$ cup. Soda (in 1 cup boiling water) 2 teaspoons.
Molasses 1 cup. Flour $2\frac{1}{2}$ cups.
Ginger 1 teaspoon. Eggs 2.
Cinnamon 1 teaspoon.

Cream butter and sugar, add molasses and spices, then boiling water with soda, then flour and then the two eggs beaten separately. Bake 30 minutes in moderate oven.

JENNIE GERTRUDE SCHURZ.

Gingerbread, Sour Cream.

Sugar $\frac{1}{2}$ cup. Soda 1 teaspoon.
Eggs 2. Baking powder 1 teaspoon.
Molasses $\frac{3}{4}$ cup. Spoon.
Sour cream 1 cup. Ginger 1 teaspoon.
Bread flour $1\frac{1}{4}$ cups. Cinnamon 1 teaspoon.
Salt $\frac{1}{4}$ teaspoon.

Beat eggs well, add sugar, molasses and sour cream with soda dissolved in it. Sift dry ingredients and mix all together. Bake in moderate oven 25 minutes. Serve with apple sauce or whipped cream.

KATHERINE CLANCY.

Gingerbread, Sour Milk.

Sugar 1 cup. Salt $\frac{1}{4}$ teaspoon.
Egg 1. Cinnamon $\frac{1}{4}$ teaspoon.
Shortening $\frac{1}{4}$ cup. Sour milk $\frac{1}{2}$ cup.
Molasses $\frac{1}{2}$ cup. Soda $\frac{1}{2}$ teaspoon.
Flour $1\frac{1}{4}$ cups. Ginger $\frac{1}{2}$ tablespoon.

Beat the sugar, shortening and egg together until light, then add molasses, sour milk and dry ingredients sifted together. Bake in a square tin lined with oil paper at 350 degrees for 45 to 50 minutes.

MRS. G. S. PULFORD.

Graham Bread.

Graham flour 2 cups. Baking powder 3 teaspoons.
Sugar $\frac{1}{2}$ cup. Salt 1 teaspoon.
White flour 1 cup.

Add 2 scant cups sweet milk to the above and beat well. Put in buttered pan and bake in moderate oven about 45 minutes.

LOUISE M. RAYER.

Graham Bread.

Sour milk 2 cups. Graham flour 3 cups.
Soda 2 level teaspoons. Shortening 2 tablespoons.
Salt 1 level teaspoon. Egg (beaten) 1.
Seedless raisins 1 cup.

Stir soda into sour milk, add other ingredients in order given. Make 2 small loaves. Bake in moderate oven, 350 degrees, for 35 to 45 minutes.

LAURA A. PITT.

Health Bread.

Egg 1. Milk 1 cup.
Sugar $\frac{1}{4}$ cup. Nut meats $\frac{1}{4}$ cup.
Molasses $\frac{1}{4}$ cup. Figs $\frac{1}{2}$ pound.
Soda $\frac{1}{4}$ teaspoon. Dates $\frac{1}{2}$ package.
Bran $\frac{3}{4}$ cup. Raisins $\frac{1}{2}$ pound.
Corn meal $\frac{1}{2}$ cup. Prunes (cooked) $\frac{1}{2}$ cup.
White flour $1\frac{3}{4}$ cups. Pinch of salt.
Baking powder $1\frac{1}{2}$ teaspoons.

Beat egg and add other ingredients in order given. The fruit should be cut in small pieces. Mix well. Bake in moderate oven, 350 degrees, in greased loaf pan $1\frac{1}{4}$ hours.

G. F. HERINK.

Nut Bread.

Sugar 1 cup. Flour (sifted) $3\frac{1}{2}$ to 4 cups.
Shortening 1 tablespoon. Baking powder 4 level teaspoons.
Egg 1. Salt 1 teaspoon.
Sweet milk $1\frac{1}{2}$ cups.
Nuts 1 cup.

Cream sugar and shortening, add beaten egg and milk, then sifted and measured flour with baking powder and salt, then 1 cup chopped nuts. Let stand in greased pan 20 minutes, then bake in moderate oven, 350 de-

grees, an hour or until firm to the touch.

MRS. ALMA RUSSELL.

Nut Bread.

Graham flour 1 cup. Dates (chopped and stoned) $\frac{1}{2}$ cup.
White flour 1 cup. Sugar 4 tablespoons.
Soda $\frac{1}{2}$ teaspoon. Baking powder 1 teaspoon.
Sour cream 1 cup. Salt $\frac{1}{2}$ teaspoon.
Egg 1. Candied cherries $\frac{1}{4}$ cup.

Mix graham flour and white flour and stir in sugar, salt, soda and baking powder. Mix thoroughly and stir in sour cream. Beat well and add dates, nuts and cherries. Mix well and stir in egg, well beaten. Turn into buttered and floured bread pan and bake 45 minutes in moderate oven.

MRS. L. A. STEPHENS.

Nut Bread, Raisins.

Graham flour 2 cups. White sugar 1 cup.
White flour 2 cups. Nut meats 1 cup.
Sweet milk 2 cups. Salt 1 teaspoon.
Dark molasses $\frac{1}{2}$ cup. Baking powder 2 teaspoons.
Soda 1 teaspoon.

Sift dry ingredients together. Add nuts and raisins. Add milk and mix well, then add molasses and soda, which have been mixed together. Bake in greased loaf pan in slow oven 1 hour.

MRS. W. E. OWENS.

Raisin Bread.

Flour $3\frac{1}{2}$ cups. Fat 1 tablespoon.
Baking powder $4\frac{1}{2}$ teaspoons. Milk $1\frac{1}{2}$ cups.
Salt 1 teaspoon. Raisins (chopped) 1 cup.
Egg 1. Sugar $\frac{1}{2}$ cup.

Sift dry ingredients, leaving a little flour, add milk, egg and melted fat, beating mixture thoroughly. Sift flour over chopped raisins and stir into mixture. Place in greased pan and let stand 20 minutes. Bake in moderate oven, 350 degrees, for 45 minutes to 1 hour.

MRS. A. THOMPSON.

Short Bread.

Flour 1 pound. Sugar $\frac{1}{4}$ pound.
Butter $\frac{1}{2}$ pound. Egg yolk 1.

Cream butter and sugar, add egg yolk and work flour in gradually. Use part of the flour to flour board and roll out mixture to $\frac{3}{4}$ -inch thickness. Cut into fingers about $1\frac{1}{2}$ inches by 4 inches, prick all over the top with a fork. Place on greased paper and bake in moderate oven until light brown.

ELIZABETH SMITH.

Cheese Waffles.

Flour $1\frac{1}{2}$ cups. Butter (or substitute) 1 to 2 tablespoons.
Baking powder 3 teaspoons. Eggs 2.
Milk 1 cup. Cheese (thinly sliced or grated) 1 cup.
Salt $\frac{1}{2}$ teaspoon.
Sugar 1 tablespoon.

Mix and sift flour, baking powder, salt and sugar. Add milk gradually, then beaten eggs and melted fat. Pour a small amount of batter in heated waffle iron, add layer grated cheese, then another layer of batter. Close iron and bake until crisp and brown. Serve immediately.

MRS. IRENE T. RANKER.

Prune Fritter.

Flour 1 cup. Eggs 2.
Salt $\frac{1}{2}$ teaspoon. Milk to make a rather thick batter ($\frac{1}{2}$ to $\frac{3}{4}$ cup).
Butter (melted) 1 teaspoon. Prunes (medium sized) $\frac{1}{2}$ pound.
Baking powder 1 teaspoon.

Boil prunes until tender, then take out the stones and insert blanched almonds. Dip prunes one by one into the batter, cover well and fry in fat to golden brown; sprinkle with powdered sugar.

MRS. MARIE VOTAVA.

Fluffy Waffles.

Egg yolks 2. Salt $\frac{1}{4}$ teaspoon.
Milk $1\frac{1}{2}$ cups. Shortening (melted) 6 tablespoons.
Flour 2 cups. Baking powder 4 teaspoons.
Egg whites (beaten stiff) 2.

Beat egg yolks until light, add milk, sift flour and measure. Add baking powder, salt and stir into the milk mixture. Add melted shortening and fold in the stiffly beaten egg whites.

MRS. ANNA WUSTMAN.

Sour Cream Waffles.

Sour cream 1 cup. Fat (melted) 3 tablespoons.
Eggs 3. Baking powder 2 teaspoons.
Flour $1\frac{1}{4}$ cups ($\frac{1}{4}$ cup more if cream is very thin).
Soda $\frac{1}{4}$ teaspoon. Sugar 1 tablespoon.

Separate eggs; beat yolks until thick, add cream and shortening; blend, add flour, soda, salt and sugar, beating until batter is very smooth. Add baking powder, mixing gently, and lastly stiffly beaten whites of eggs. Batter should not be beaten after whites of eggs and baking powder are added.

MRS. HARRIS G. PETT.

CAKES AND COOKIES

The baking of cakes and cookies requires the best ingredients, accurate measurements, correct mixing and proper temperature regulation.

The usual classification of cakes has been those without fat and those with fat. The latter general division is now understood to include cakes with butter, lard, vegetable oil, cooking oil and whipped sour or sweet cream.

Cakes and cookies give a finishing touch to the meal. They should always be splendid products.

The inexperienced cook should work with the plainer cakes until she is familiar with the appearance of cake batters.

CAKES WITHOUT FAT.

Angel Food Cake.

Cake flour 1 cup.	Cream of tartar $\frac{3}{4}$ teaspoon.
Egg whites 1 cup	Vanilla extract, $\frac{1}{2}$ teaspoon.
and 1 extra.	Almond extract, $\frac{1}{2}$ teaspoon.
Finely granulated sugar $1\frac{1}{4}$ cups.	
Salt $\frac{1}{2}$ tablespoon.	

Sift one cup flour, measure off a level cup and sift four times more. Sift sugar. Break egg whites into cup, pour on large platter, add extra egg white. Beat with wire whisk, adding salt, until foamy, using long, folding strokes. Add cream of tartar and beat until stiff, but not dry, or until mass will stand up in peaks. Fold in sugar by tablespoonfuls, add flour in same way. Add flavoring and pour into ungreased tube pan. Put in cold oven, set thermometer at 275 degrees for $\frac{1}{2}$ hour. Increase heat to 325 to 350 degrees for 25 or 30 minutes. Remove cake from oven and place pan upside down on cake cooler or cake plate. When cake is cool remove slices in pan and if necessary run spatula or long-bladed knife gently around bottom of pan to loosen. Frosting: Grate rind of 1 medium-sized orange, extract juice, simmer for 3 minutes. Strain into bowl containing 2 tablespoons butter and 1 cup confectioner's sugar. Beat well,

adding sugar until a spreading consistency is reached.

MRS. R. R. MARQUARDT.

Chocolate Sponge Cake.

Eggs 4.	Baking powder 2 tea-
Sugar 1 cup.	spoons.
Water 5 tablespoons.	Cocoa 2 tablespoons
Vanilla 1 teaspoon.	mixed with 3 table-
Flour 1 cup.	spoons water.
Salt $\frac{1}{2}$ teaspoon.	

Beat whites of eggs, with salt added, until eggs are beaten stiff. Add water to egg yolks and beat until light, adding sugar gradually, then add vanilla. Sift flour and baking powder and add to same. Melt cocoa with 3 tablespoons hot water and let cool, then add to mixture. Bake in tube pan for 50 minutes in 350-degree oven. Heat together:

Butter 2 tablespoons.	Milk 2 tablespoons.
Cocoa 2 tablespoons.	Pinch of salt.

Remove from fire and add $1\frac{1}{4}$ cups powdered sugar and 1 teaspoon vanilla and beat until thick and spread.

MRS. NANCY EKMEN.

Orange Angel Food Cake.*

Sugar $1\frac{1}{2}$ cups.	Baking powder $\frac{1}{2}$ teaspoon.
Cake flour $1\frac{1}{2}$ cups.	Eggs (whole) 4.
Orange juice $\frac{1}{2}$ cup.	

Beat egg yolks until creamy and lemon colored; add sugar gradually, then orange juice and flour and baking powder. Beat the whites until stiff, add to yellow mixture. Bake in angel food pan, starting in a cold oven. Bake 45 to 50 minutes in 350-degree oven.

Oranges 2, juice and	Sugar 1 cup.
grated rind.	Egg whites 2.

Boil sugar and juice until it spins a thread, pour slowly over stiffly beaten egg whites.

MRS. J. E. SHELBY.

Short Cake.

Eggs 4.	Flour $\frac{2}{3}$ cup.
Salt $\frac{1}{2}$ teaspoon.	Sugar $\frac{3}{4}$ cup.
Vanilla $\frac{1}{2}$ teaspoon.	

Beat whites of eggs until stiff. Beat egg yolks until thick and lemon colored. Add to the whites, add sugar, add salt, fold in flour and vanilla. Bake in moderate oven 30 minutes in 2 layer pans. Put cranberry sauce and whipped cream between layers and on top of cake.

Cranberries 1 quart. Water (boiling) 2 cups.
Sugar $1\frac{1}{2}$ to 2 cups.

Boil sugar and water together for 5 minutes, skim. Add the cranberries and boil without stirring (5 minutes is usually sufficient) until the skins are broken. Remove from the fire when the popping stops.

MRS. HELEN JOHNSON.

Sponge Cake, Yellow and White Layers.

Top and bottom layers:

Egg yolks 5.	Sugar 1 cup.
Milk $\frac{1}{2}$ cup.	Flour $1\frac{1}{2}$ cups.
Soda $\frac{1}{2}$ teaspoon.	Cream of tartar 1 tea-
Vanilla 1 teaspoon.	spoon.

Beat eggs hard with round egg beater until creamy, remove beater and use slitted cake spoon; beat sifted sugar in slowly until well mixed, then add milk and sifted flour containing soda and cream of tartar, alternately, until all material is mixed in; add vanilla and bake in two 8-inch layer tins lined with waxed paper. Bake about 15 minutes in moderate oven. Let stand in tins when baked for 10 minutes (until cool) and remove wax paper.

Middle layer:

Egg whites 5.	Cream of tartar 1 tea-
Flour $\frac{1}{2}$ cup.	spoon.
Vanilla $\frac{1}{2}$ teaspoon.	Pinch of salt.
Sugar $\frac{3}{4}$ cup.	

Add pinch of salt to egg whites, whip until creamy, add cream of tartar and whip until firm, then slowly whip in sifted sugar, folding, not stirring; fold in thoroughly, add vanilla and slowly fold in sifted flour. Bake in one 8-inch tin lined with wax paper in a trifle slower oven than for yellow for 15 minutes.

Sour cream 1 cup.	Cornstarch $1\frac{1}{2}$ table-
Egg yolk 1.	spoons.
Flavoring.	Sugar 3 tablespoons.

Mix egg yolk, sugar and cornstarch together in bowl with a little water, add slowly to hot cream in double boiler, stir until thick, remove from fire and add vanilla. Let cool and spread between layers. Frost with:

Egg white (unbeaten) 1.	Confectioner's sugar.
	Butter 1 tablespoon.

Add butter to egg white and gradually mix with sugar, stirring all the time. To increase icing add more sugar and cream.

MRS. GEORGE H. SCHMIDT.

Sponge Cake.

Egg yolks 11.	Flour 2 cups.
Sugar 2 cups.	Baking powder 1 tea-
Salt $\frac{1}{4}$ teaspoon.	spoon.
Lemon extract 1 tea-	Water 1 cup.
spoon.	

Beat eggs, sugar and salt together for 10 minutes. Sift 5 times flour with baking powder. Add flower and water alternately to mixture of eggs, sugar and salt. Add flavoring. Bake in ungreased pan 1 hour in slow oven, increasing heat at last to brown.

MRS. U. S. DETWEILER.

White Cake.

Eggs 4.	Sugar 1 cup.
Flour 1 cup.	Water 4 tablespoons.
Lemon juice 1 table-	Baking powder 2 tea-
spoon.	spoons.

Separate eggs, beat yolks until thick, add sugar gradually, beating all the time. Add water and lemon juice and fold in flour sifted with baking powder. Last fold in stiffly beaten egg whites and bake in moderate oven, 375 degrees, for 25 minutes. After cake is cool, cut with round cooky cutter into small cakes and spread with butter-cream icing. Roll in peanut brittle candy.

Butter $\frac{1}{4}$ cup.	Coffee (strong) 4 ta-
Cocoa 1 tablespoon.	blespoons.
Sugar 2 cups.	

Take rolling pin and roll candy fine. Spread with icing and roll in peanut candy. MRS. G. P. GUIBOR.

Yellow Cake.

Pastry flour (sifted) $2\frac{1}{2}$ cups.	(quartered and floured slightly) $\frac{1}{2}$ cup.
Sugar (sifted) 2 cups.	
Water (boiling) 1 cup.	Baking powder $1\frac{1}{4}$ teaspoons.
Red and green maraschino cherries	Eggs (separated) 4.
	Vanilla $\frac{1}{2}$ teaspoon.

Beat yolks of eggs until light, add water slowly, beating constantly and adding sugar slowly. Fold in flour and baking powder sifted together, add vanilla and cherries. Fold in, last, stiffly beaten whites. Bake in large angel food cake pan, ungreased, for 1 hour 30 minutes at 300 degrees and 30 minutes at 350 degrees. Invert pan when taken from oven, let stand till cool.

Frost with cold frosting, $1\frac{1}{2}$ cups confectioner's sugar, $\frac{1}{4}$ teaspoon vanilla, about 3 tablespoons cream or enough to moisten to spreading consistency. Cut candied red cherries in fifths and shape like poinsettia or

cut in small pieces to represent holly. Stem and leaves may be of citron or green-colored frosting.

MRS. J. J. MORRISEY.

CAKES WITH FAT.

Burnt Almond Cake.

Brown sugar $\frac{1}{2}$ cup.	Vanilla $\frac{1}{2}$ teaspoon.
Water (boiling) $\frac{1}{2}$ cup.	Almonds 1 cup.
Cooking fat $\frac{1}{2}$ cup.	Confectioner's sugar $\frac{1}{2}$ cups.
White sugar $1\frac{1}{2}$ cups.	Butter (soft) $\frac{1}{2}$ cup.
Eggs 2.	Baking powder 2 teaspoons.
Pastry flour $2\frac{1}{2}$ cups.	Water (cold) 1 cup.
Salt.	

Burn brown sugar in a pan. Add boiling water and cook until it forms a sirup. Cream fat and white sugar thoroughly. Add cold water, egg yolks, 2 cups flour and salt. Beat this batter thoroughly. Add 3 table-spoons of sirup, baking powder sifted in $\frac{1}{2}$ cup flour, vanilla and stiffly beaten egg whites. Bake in 2-layer cake tins in fairly hot oven 25 to 30 minutes. Blanch and chop the almonds and brown on cooky sheet. Make a hard sauce paste of confectioner's sugar, butter and 2 table-spoons of brown sugar sirup, enough to cream to make a soft spread. Sprinkle with browned almonds. Spread top and sides with icing and put on remaining nuts.

MRS. L. H. SLOCUM.

Apple Fruit Cake.

Sugar 2 cups.	Salt $\frac{1}{4}$ teaspoon.
Eggs 2.	Soda $\frac{1}{4}$ teaspoon.
Water $\frac{1}{2}$ cup.	Vanilla $\frac{1}{4}$ teaspoon.
Shortening $\frac{1}{2}$ cup.	Apple sauce 2 cups.
Flour 2 cups.	Cinnamon 1 teaspoon.

Cream the shortening, add $1\frac{1}{2}$ cups sugar, eggs and warm water which have been beaten together. Mix dry ingredients and add to first mixture. Flavor, roll cookies the size of bottom of cake tins and bake in moderate oven 15 minutes. Mix apple sauce, remaining sugar and cinnamon, spread between cookies. Let stand overnight before cutting.

MRS. U. S. DUNN.

Apple-Sauce Cake.

Butter or substitute $\frac{1}{2}$ cup.	Salt $\frac{1}{4}$ teaspoon.
Sugar 1 cup.	Soda 1 teaspoon.
Egg (beaten light) 1.	Cinnamon 1 teaspoon.
Raisins 1 cup.	Cloves $\frac{1}{2}$ teaspoon.
Walnut meats 1 cup.	Apple sauce (hot) 1 cup.
Cake flour $1\frac{1}{4}$ cups.	

Cream shortening; add sugar gradually, then egg, fruit and nuts

chopped and floured. Add flour sifted with soda, salt and spices. Next add apple sauce, which should be strained and in the form of a comparatively thick puree. Bake in tube pan in moderate oven, 350 degrees, about 1 hour.

L. B. ANDERSON.

Banana Cream Cake.

Shortening $\frac{3}{4}$ cup.	Sour milk 4 table-spoons.
Sugar $1\frac{1}{2}$ cups.	Soda 1 teaspoon.
Eggs 2.	Nuts (chopped) $\frac{1}{2}$ cup.
Bananas (mashed) 1 cup.	
Flour 2 cups.	

Cream shortening; add sugar gradually and cream again. Add unbeaten eggs one at a time, beating thoroughly after each addition. Then add mashed bananas with sour milk, stir well. Fold in sifted dry ingredients and nuts and bake in layers in hot oven, 375 degrees, about 20 to 25 minutes. Makes 2 layers.

MRS. R. PLEEHAITY.

Carrot Cake.

Sugar $1\frac{1}{2}$ cups.	Cloves 1 teaspoon.
Seeded raisins 1 cup.	Water (cold) $1\frac{1}{2}$ cups.
Carrots (grated) $1\frac{1}{2}$ cups.	Butter 2 table-spoons.
	Cinnamon 1 teaspoon.
	Nutmeg 1 teaspoon.

Put all the ingredients in a saucepan and boil very slowly for about 5 minutes. Remove from fire and allow mixture to become perfectly cold (never use while warm) and then add Walnut meats 1 cup. Baking soda 2 table-spoons.

Mix well and put in loaf pan and bake for $1\frac{1}{4}$ hours in oven 350 degrees.

MRS. WILLIAM INMAN.

Cheese Cake.

Flour 1 cup.	Baking powder $\frac{1}{2}$ teaspoon.
Salt $\frac{1}{4}$ teaspoon.	Sweet butter 2 table-spoons.
Vanilla 1 teaspoon.	
Egg 1.	

Mix all the ingredients and roll the dough out thin. Butter a pan and spread the dough in pan. Then put in the cheese filling and bake in a moderate oven for 1 hour. When cool cut in squares.

Cottage cheese 1 pound.	Vanilla extract 1 teaspoon.
Eggs 3.	Sweet butter 2 table-spoons.
Sugar 1 cup.	

Mix the cheese, butter and sugar thoroughly. Add the yolks of eggs and vanilla. Beat the whites of eggs separately until they form a snow. Add the whites of eggs to the mixture.

ETHEL KLOPPERD.

Chocolate Coconut Cake.

Unsalted butter $\frac{3}{4}$ cup.
 Sugar 2 cups.
 Egg yolks (beaten well) 4.
 Potatoes (warm, mashed) 1 cup.
 Flour (cake flour is best) 2 cups.
 Baking powder 3 teaspoons.
 Cinnamon 2 teaspoons.
 Nutmeg $\frac{1}{2}$ teaspoon.
 Milk $\frac{1}{2}$ cup.
 Unsweetened chocolate 2 ounces.
 Nut meats (chopped) 1 cup.
 Coconut 1 cup.
 Egg whites (well beaten) 4.

Cream the butter and sugar, adding the well-beaten egg yolks and the mashed potatoes. Alternately add the mixed and sifted dry ingredients with milk and chocolate which was melted. Beat well, adding the chopped nut meats and coconut and then folding in the stiffly beaten egg whites. Bake in shallow pan in a moderate oven for about 30 minutes, 375 degrees.

Butter 1 tablespoon. Vanilla or any other
 Powdered sugar $\frac{3}{4}$ pound. flavoring 1 teaspoon.

Cream the butter and sugar and add enough cream to make same of right consistency for icing. Add vanilla last. Spread on cake after it is cool and cover with coconut.

MISS ANNA PETRASEK.

Chocolate Cake, Sour Cream.

Sour cream 1 cup.
 Granulated sugar 1 cup.
 Bitter chocolate 2 squares.
 Vanilla 1 teaspoon.
 Baking powder 1 level teaspoon.
 Eggs 2.
 Flour $1\frac{1}{2}$ cups.
 Soda 1 level teaspoon.

Beat the sour cream until thick; add the soda, continue beating. Add the sugar. Drop the eggs in whole and beat until very light. Have the chocolate melted over hot water and add to mixture. Sift flour. Add one cup, beating all very thoroughly. Add the half cup with baking powder and vanilla. Mix well and bake in square tin in a moderate oven 40 minutes.

MRS. ROY ZARTMAN.

Chocolate Cake, Sour Milk.

Sour milk $\frac{1}{2}$ cup.
 Dark brown sugar 2 cups.
 Butter $\frac{1}{2}$ cup.
 Eggs (whites and yolks beaten separately) 2.
 Chocolate 2 squares.
 Cinnamon 1 teaspoon.
 Water (hot) added to chocolate $\frac{1}{2}$ cup.
 Flour 2 to $2\frac{1}{2}$ cups.
 Soda (dissolved in 2 teaspoons hot water) 1 teaspoon.

Beat sugar, butter and egg yolks to a cream. Melt chocolate and add hot water. Add to cake. Add sour milk and flour, soda, then fold in stiffly beaten whites. Bake in moderate oven $\frac{1}{2}$ hour.

Dark brown sugar 2 cups. Water $\frac{1}{2}$ cup.

Boil until it spins a thread. Add $\frac{1}{2}$ tablespoon butter and beat until cool enough to spread.

ELIZABETH L. MONTGOMERY.

Chocolate Cake with Water.

Dates (chopped) 1 cup.
 Soda 1 teaspoon.
 Water (boiling) 1 cup.
 Baking powder $1\frac{1}{2}$ teaspoons.
 Egg (beaten) 1.
 Flour $1\frac{1}{2}$ cups.
 Sugar 1 cup.
 Butter $\frac{1}{4}$ cup.
 Nut meats $\frac{1}{2}$ cup.
 Chocolate (melted) 2 squares.

Sprinkle dates with soda. Pour over boiling water and cool. Cream sugar, butter, and add egg. Then add date mixture, flour and baking powder sifted together, and nut meats. Add melted chocolate last and bake very slowly.

MRS. EARL V. ZICK.

Chocolate Whipped Cream Cake.

Shortening 4 tablespoons.
 Sugar 7 tablespoons.
 Egg yolk 1.
 Milk 6 tablespoons.
 Egg white 1.
 Cake flour 14 tablespoons.
 Salt $\frac{1}{4}$ teaspoon.
 Baking powder $1\frac{1}{4}$ teaspoons.
 Vanilla $\frac{1}{4}$ teaspoon.

Cream the shortening and add sugar gradually, creaming thoroughly. Add the egg yolk beaten until thick and lemon colored. Sift the flour before measuring and then set aside 3 tablespoons with which to mix the baking powder. Sift the balance of the flour with the salt and add alternately with the milk, mixing thoroughly after each addition. Add vanilla next, then the flour sifted with the baking powder. Lastly fold in the stiffly beaten egg white and pour into a tin 8 by 8. Bake 20 minutes in 375-degree oven. When cold cut into 6 oblong pieces, slit and spread with the following mixture:

Melt a 4-ounce cake of sweet chocolate in a double boiler with 2 tablespoons hot water. When melted remove from fire and when thoroughly cold, if the mixture has hardened, add another tablespoon water and mix until softened. Add 1 teaspoon vanilla. Whip a bottle of cream until stiff and fold or beat in the chocolate mixture. Spread over the bottom layer of the split piece, replace the top and cover entirely with the chocolate whipped cream. Nuts may be

sprinkled over top if desired. Serves six.

ALICE J. HALLORAN.

Christmas Cake, Norwegian.

Eggs 2. Sugar 2 tablespoons.
 Cream 2 tablespoons. Lemon juice 2 tea-
 spoons. Butter (melted) 2 spoons.
 Flour to roll.

Combine ingredients in the order given and roll very thin. Cut in diamonds. Make a slash across one end, pull the other end through the hole and fry in deep fat until golden brown, drain on brown paper, sprinkle with powdered sugar.

MRS. C. JANZEN.

Coconut Whipped Cream Cake.

Cake flour (sifted) 2 cups. Sugar (sifted) 1 cup.
 Baking powder 3 Milk $\frac{3}{4}$ cup.
 teaspoons. Vanilla 1 teaspoon.
 Butter $\frac{1}{2}$ cup. Egg whites (beaten light) 3.

Sift flour twice, measure, add baking powder and sift together 3 times. Cream shortening until light and fluffy, then add sugar gradually and cream together thoroughly. Add sifted flour and baking powder to creamed mixture, alternately with milk, a small amount of each at a time. Beat after each addition until smooth. Add vanilla, fold in beaten egg whites. Bake in 2 layers in moderate oven from 20 to 25 minutes. Whipping cream 2 Coconut (moist) 1 can. bottles.

Spread cream over first layer when cake is cold, sprinkle on coconut. Cover with the other layer and spread the balance of cream and sprinkle on the coconut.

MRS. NYMA STEVENSON.

French Coffee Cake.

Apples ($\frac{1}{4}$ cup water) 1 quart. Cinnamon 1 teaspoon.
 Raisins 1 cup. Rind and juice of half a lemon.
 Sugar 1 cup.

Cook the above together and let it cool.

Butter 1 cup. Baking powder 1 tea-
 Sugar $\frac{3}{4}$ cup. spoon.
 Flour $1\frac{1}{2}$ cups. Eggs 2.

Cream the butter and sugar together. Add eggs, flour and 1 teaspoon baking powder. Mix the first mixture into the dough and bake in a long coffee-cake tin. Before placing in oven add $\frac{1}{4}$ pound whole blanched almonds on top of dough. Bake in slow oven 40 minutes.

MRS. CHARLES MEYER.

Cottage Cheese Cakes.

Rusk or zwieback 1 Baking powder $\frac{1}{2}$ tea-
 box. spoon.
 Sugar 1 cup. Flour 2 tablespoons.
 Cinnamon 1 tea- Vanilla 1 tablespoon.
 spoon. Pinch of salt.
 Butter (melted) $\frac{1}{2}$ Cream $\frac{1}{2}$ pint.
 cup. Cottage cheese 2
 Eggs 4. pounds.
 Sugar 1 cup. Currants.

Crush rusks or zwieback. Add 1 cup sugar, cinnamon, butter and mix thoroughly. Put 1 cup of this mixture to one side. Line a 9-inch glass dish or pan with the balance. Pat it in smooth and set to one side until filling is ready. The crust then has a chance to get firm. Mix 1 cup sugar in flour and baking powder. Add egg yolks beaten lightly and cream together. Add cream, vanilla, cottage cheese and mix. Whip egg whites until stiff but not dry. Fold into mixture. Add a few currants if desired. Pour into lined dish about $\frac{3}{4}$ full. Put balance of the crust mixture over the top so it is entirely covered. Bake at 300 degrees, and do not preheat oven. Pie will rise, then settle. Must be cold before serving.

MRS. VIOLA PEFLEY.

Love Cake.

Flour $1\frac{1}{4}$ cups. Butter $\frac{1}{2}$ cup.
 Rolled oats $1\frac{1}{2}$ cups. Soda $\frac{1}{2}$ teaspoon.
 Brown sugar 1 cup. Salt $\frac{1}{4}$ teaspoon.

Sift soda and salt with the flour, mix well with rolled oats and sugar. Work the butter into mixture. When flaky spread $\frac{2}{3}$ of the crumbs in a buttered pan, pressing well up around the edges. Then pour over filling made of

Dates (stoned and Water 1 cup.
 cut) 1 pound. Brown sugar $\frac{1}{2}$ cup.

Boil until thick. Spread remainder of the crumbs over top and bake in a moderately hot oven 20 minutes. Serve plain or with whipped cream.

MRS. J. V. RAWLINGS.

Cinnamon Nut Cake.

Butter $\frac{1}{2}$ cup. Flour 2 cups.
 Sugar $1\frac{1}{2}$ cups. Nuts (chopped) $\frac{1}{2}$ to
 Milk $\frac{3}{4}$ cup. 1 cup.
 Eggs (well beaten) 2. Sugar $\frac{1}{4}$ cup.
 Baking powder 2 Cinnamon 1 teaspoon.
 teaspoons.

Cream sugar and butter. Add well-beaten eggs. Sift flour and baking powder together and add alternately with milk to creamed mixture. Spread thin in a large dripping pan and sprinkle with chopped nuts, sugar and

cinnamon. Bake in moderate oven 25 to 30 minutes. Leave in pan until ready to serve. MRS. PAUL CALLEN.

Plain Cup Cakes.

Butter (melted) $\frac{1}{2}$ cup.	Flour $1\frac{1}{2}$ cups.
Sugar 1 cup.	Baking powder 2 teaspoons.
Eggs 2.	Vanilla $\frac{1}{2}$ teaspoon.
Milk $\frac{1}{2}$ cup.	

Beat egg yolks, add sugar, liquid, melted butter and flavoring. Sift dry ingredients and add to first mixture. Beat 1 to 2 minutes. Fold in beaten egg whites. Bake in greased muffin tins in moderate oven 20 to 25 minutes.

Brown sugar 1 cup.	Egg yolks 2.
Flour 1 tablespoon.	Rich milk 2 cups.
Cornstarch 1 tablespoon.	Butter 1 teaspoon.
Few grains salt.	Vanilla 1 teaspoon.

Sift sugar with cornstarch, flour and salt; stir in egg yolks. Add milk slowly and cook slowly until quite thick, stirring constantly to keep from lumping. Remove from fire, add butter and vanilla and pour generously over cup cakes immediately. This is made easy to serve by having custard all prepared for boiling beforehand and cup cakes arranged on individual plates.

MRS. D. H. NATELBORG.

Date Cup Cakes.

Dates 1 cup.	Water (hot) 1 cup.
Soda 1 teaspoon.	

Wash, pit and cut dates. Put them in a bowl and sprinkle the soda over them, then pour the hot water over and let cool.

Butter 1 tablespoon.	Salt $\frac{1}{4}$ teaspoon.
Sugar 1 cup.	Allspice $\frac{1}{4}$ teaspoon.
Egg 1.	Cinnamon $\frac{1}{4}$ teaspoon.
Flour $1\frac{1}{2}$ cups.	Nutmeg $\frac{1}{4}$ teaspoon.
Walnuts (chopped) 1 cup.	Vanilla 1 teaspoon.

Sift flour, salt and spices 3 times. Cream the butter; add sugar, then add the egg and beat well. Add the date mixture and mix thoroughly. Add the other ingredients and last of all the chopped walnuts. Pour into fancy tins and bake in a moderate oven about 35 minutes. Raisins can be used in the place of dates, and brown sugar instead of white. The cakes can be iced or not, as preferred. Makes about 12 cakes. May be baked in loaf tin.

GERTRUDE ATTARDO.

Devil's Food Cake.

Butter $\frac{1}{2}$ cup.	Salt $\frac{1}{2}$ teaspoon.
Brown sugar 2 cups.	Buttermilk or sour milk 1 cup.
Eggs 3.	Unsweetened chocolate (melted) 2 ounces.
Flour $2\frac{1}{2}$ cups.	
Baking soda 1 tea- spoon.	

Cream butter and sugar thoroughly. Add whole eggs, one at a time, and beat well. Sift flour once before measuring. Mix and sift the flour and salt together and add to first mixture alternately with the milk. Dissolve the soda in the milk before adding. Last add melted chocolate to the batter. Pour into well-greased pans, two 9-inch layer-cake tins. Bake 30 to 40 minutes in moderate oven.

MRS. W. R. SLIMMER.

Dutch Apple Cake.

Brown sugar 1 cup.	Nutmeg $\frac{1}{4}$ teaspoon.
Pastry flour $1\frac{1}{2}$ cups.	Egg 1.
Baking powder 2 teaspoons.	Butter 2 teaspoons.
Salt $\frac{1}{4}$ teaspoon.	Vanilla 1 teaspoon.

Break egg in cup, add butter, fill cup with milk and add vanilla. Sift dry ingredients. Lift butter from cup with fork and cream with dry ingredients. Add liquid mixture and stir vigorously. Place in large pan and cover top with thinly sliced cooking apples arranged in rows. Sprinkle apples with sugar, melted butter and cinnamon. Serve hot with cream or sauce.

LULA WARD MILLER.

Fig Cake.

Shortening $\frac{1}{2}$ cup.	Baking powder 2 tea- spoons.
Granulated sugar 1 cup.	Egg whites 3.
Milk $\frac{1}{2}$ cup.	Vanilla 1 teaspoon.
Flour $1\frac{1}{4}$ cups.	

Cream shortening and sugar until very light. Add milk slowly and beat constantly. Stir in flour which has been sifted with baking powder twice. Add flavoring, fold in well-beaten egg whites, pour into two greased layer cake pans. Bake in moderate oven 25 minutes.

Shortening $\frac{1}{2}$ cup.	Flour $1\frac{1}{2}$ cups.
Baking powder 2 teaspoons.	Cinnamon and cloves each $\frac{1}{4}$ teaspoon.
Brown sugar $\frac{3}{4}$ cup.	Egg yolks 2.
Milk $\frac{1}{2}$ cup.	Whole egg 1.

Cream shortening and sugar. Add egg, gradually beat with wire whip. then flour and milk alternately. Pour in layer cake pan a little over one-half; cover with cleaned and split

figs, then pour in the rest of the batter. Bake in slow oven 45 minutes.

Egg white (unbeaten) Confectioner's sugar 2 cups.
Cream 2 tablespoons.

Put sugar in dish. Add whites of egg, gradually beat with wire whip. Add cream as needed. Flavor with vanilla.

LOUISE F. GREGORY.

Dark Fruit Cake.

Walnut meats $\frac{1}{2}$ pound. Preserved cherries or pineapple $\frac{1}{2}$ cup.
Brown or white sugar $\frac{1}{2}$ pound. Candied lemon peel $\frac{1}{4}$ pound.
Butter $\frac{1}{2}$ pound. Seeded raisins 1 pound.
Flour $\frac{3}{4}$ pound. Cinnamon 2 teaspoons.
Citron $\frac{1}{2}$ pound. Mace, nutmeg and allspice each 1 teaspoon.
Salt $\frac{3}{4}$ teaspoon. Eggs 6. Molasses $\frac{1}{4}$ cup.
Currants 1 pound. Juice of 1 large lemon.
Grape and orange juice each $\frac{1}{4}$ cup. Almonds and maraschino cherries.
Candied orange peel $\frac{1}{4}$ pound.

Prepare the fruit the night before making the cake if desired. Wash and dry raisins and currants. Cut raisins, orange and lemon peel and citron. Add currants uncut to this. Mix flour, spices and salt and sift with fruit mixture. Cream the butter. Add sugar and beaten yolks and mix well, then add fruit and fruit juices and mix well. Cut and fold the stiffly beaten egg whites to the fruit mixture. Bake in large angel food pan lined with greased paper. Put almonds and maraschino cherries around top shaped as daisies. Make 4 or 5 according to size. Place in oven 300 degrees and bake 5 or 5½ hours. Remove from oven and if desired glaze with apricot preserve by taking pastry brush and dipping brush in dish of apricot preserve and brushing top and sides of cake after the cake has cooled in the pan, and remove to cool further. After thoroughly dried store in tightly covered tin box or bowl and it will keep for months.

MISS MARIE M'NAMARA.

Dark Fruit Cake.

Sugar $1\frac{1}{4}$ cups. Nutmeg $\frac{1}{2}$ teaspoon.
Butter $\frac{3}{4}$ cup. Cinnamon $\frac{1}{2}$ teaspoon.
Flour (sifted) 2 cups. Candied citron $\frac{1}{2}$ cup.
Baking soda $\frac{1}{4}$ teaspoon. Blanched almonds $\frac{1}{2}$ cup.
Egg whites 6. Pinch of salt.
Juice of 1 lemon.

Cream sugar and butter, add lemon juice, then the flour into which have been mixed the baking soda, cinna-

mon and nutmeg. Add the egg whites which have been beaten to a froth, then finely chopped candied citron and finely chopped blanched almonds. Mix the batter well, place in a well-greased cake pan and bake in a hot oven for 45 minutes. When cold, spread with lemon icing into which have been sprinkled finely chopped almonds and citron.

MRS. SUZANNE DE GOUY.

Dark Fruit Cake.

Brown sugar 1 cup. Soda, cinnamon, nutmeg, each 1 teaspoon.
Butter or other shortening $\frac{1}{2}$ cup.
Eggs 2. Nut meats (chopped) 1 cup.
Sour milk 1 cup. Flour $1\frac{3}{4}$ cups.
Raisins (chopped) 1 cup.

Cream butter and sugar, add eggs well beaten. Beat the sour milk with egg beater and add to sugar and butter. Mix nuts and raisins with some of the flour and add to batter. Sift soda, cinnamon and nutmeg with the remainder of flour. Add to dough and pour into 2 well-greased layer-cake tins. Bake in moderate oven 20 minutes.

White sugar 2 cups. Sweet milk $\frac{3}{4}$ cup.
Butter 1 tablespoon. Vanilla $\frac{1}{4}$ teaspoon.

Melt the sugar, butter and milk slowly, stirring constantly, and when it begins to boil let boil hard for 4 minutes. Add vanilla and stir until stiff enough to spread on cake.

DOROTHY REED.

Dark Fruit Cake.

Flour 3 cups, soda 2 teaspoons, sifted together.
Brown sugar 2 cups.
Water 2 cups.
Lard 2 tablespoons.
Cinnamon 3 teaspoons.
Allspice $\frac{1}{2}$ teaspoon.
Salt $\frac{1}{4}$ teaspoon.
Seeded raisins $\frac{1}{2}$ or full box.

Mix the above ingredients except flour and soda and let boil 8 minutes, then cool. Then stir in the flour and bake in layers in moderate oven.

Brown sugar 2 cups. Butter 1 tablespoon.
Milk $\frac{1}{2}$ cup.

Boil sugar and milk 6 minutes, then add butter. Beat for a few minutes until of right consistency and spread over layers.

MRS. J. HENLEY.

Dark Fruit Cake.

Sugar 1 cup. Baking powder 1 teaspoon.
Butter $\frac{1}{2}$ cup. Raisins (dredged) $\frac{3}{4}$ cup.
Sour cream 1 cup. Dates 1 package.
Eggs 2. Walnuts (chopped) $\frac{1}{2}$ cup.
Cinnamon 2 teaspoons. Flour 2 cups.
Nutmeg $\frac{1}{2}$ teaspoon.
Cloves 1 teaspoon.
Soda $\frac{1}{2}$ teaspoon.

A little citron may be added if desired.

Cream sugar and butter, add well-beaten eggs. Mix and sift dry ingredients and add alternately with sour cream. Add raisins, dates and nuts. Bake in a greased loaf tin 70 minutes in moderate oven 350 degrees.

MRS. F. ERICKSON.

Drop Fruit Cake.

Eggs 5.	Citron and lemon peel
Butter 1 cup.	$\frac{1}{2}$ pound.
Brown sugar 3 cups.	Cinnamon, cloves and
Molasses 1 cup.	allspice 1 teaspoon.
Milk 1 cup.	Nutmeg $\frac{1}{2}$ teaspoon.
Raisins 2 pounds.	Baking powder 4 tea-
Currants 2 pounds.	spoons.

Flour to stiffen so mixture falls from spoon, 4 to 5 cups.

Line deep cake pans with well-oiled paper. Fill to near top, leaving room to rise. Bake in a slow oven 2 hours.

MRS. M. A. FLANDERS.

White Fruit Cake.

Butter $\frac{3}{4}$ cup.	Sugar 1 cup.
Eggs 4.	Blanched almonds $\frac{1}{2}$
Flour 2 cups.	cup.
Lemon extract 1	Citron (shredded) $\frac{1}{4}$
teaspoon.	cup.
Vanilla extract 1	Orange juice 1 table-
teaspoon.	spoon.
Seedless raisins 1	Lemon juice 1 table-
cup.	spoon.

Chop the raisins and dredge them with a tablespoon of flour, shred the almonds and citron and marinate the latter and orange and lemon juice for 1 hour. Cream the butter, adding sugar gradually, also the extracts. Sift the flour and add to butter and sugar alternately with the well-beaten egg yolks. Whip vigorously, then add the raisins, nuts and citron with the fruit juices. Fold in the stiffly beaten whites of eggs, pour into well-buttered paper-lined pan and bake in a moderate oven, 300 degrees, about an hour. When cool spread with white icing. Garnish with halved raisins and blanched almonds.

MISS HELEN SOUKUP.

Frosted Squares.

Butter $\frac{1}{2}$ cup.	Pastry flour 2 cups.
Sugar 1 cup.	Baking powder 3 tea-
Eggs 2.	spoons.
Milk $\frac{1}{2}$ cup.	Pinch of salt.

Cream the butter and sugar. Add egg yolks, milk, flour sifted with baking powder and salt, whites of eggs beaten stiff. Bake in a shallow pan about 20 minutes. When cold cut in 2-inch squares and frost on all sides.

Milk or cream $\frac{1}{2}$	Butter $\frac{1}{4}$ cup.
cup.	Powdered sugar.

Cream butter and powdered sugar and add milk or cream. Add enough powdered sugar to make it of spreading consistency and cover all sides of the cakes. Then cover all with toasted almonds that have been grated.

CHRISTINE M. HAY.

Ginger Cake.

Shortening $\frac{1}{2}$ cup.	Baking powder 3 tea-
Sugar 2 cups.	spoons.
Eggs 2.	Salt 1 teaspoon.
Molasses $\frac{1}{2}$ cup.	Cinnamon, nutmeg,
Sour milk $1\frac{1}{2}$ cups.	allspice, mace,
Soda 1 teaspoon.	cloves, ginger, $\frac{1}{2}$
Flour 3 cups.	teaspoon each.

Mix shortening and sugar, add beaten eggs and molasses. Combine sour milk and soda. Combine remaining dry ingredients and add alternately with milk and soda mixture. Pour in large pan 9 by 12 and bake in moderate oven 30 minutes.

MRS. JOSEPH CARROCCIO.

Graham Cracker Cake.

Eggs (yolk and	Graham crackers
white beaten sep-	(rolled fine) 4.
arately) 3.	Walnut meats
Sugar 1 cup.	(chopped fine) 1 cup.
Baking powder 1	Dates (cut fine) $\frac{1}{2}$
teaspoon.	cup.

Mix baking powder in the yolks and mix all together, adding egg whites last. Bake in a slow oven about $\frac{1}{2}$ hour in flat pie dish. Cut in desired shape and serve with whipped cream or softened marshmallows.

MRS. J. L. ZAPF.

Hickory Nut Cake.

Butter $\frac{1}{2}$ cup.	Flour $1\frac{1}{2}$ cups.
Sugar 1 cup.	Baking powder 1 tea-
Eggs 4.	spoon.
Hickory nut meats	Pinch of salt, 1-16
$\frac{1}{4}$ cup.	teaspoon.
Milk or water $\frac{1}{2}$	Vanilla 1 teaspoon.
cup.	

Cream the butter and sugar, mix in yolks of eggs, milk or water, add sifted flour, baking powder and salt and blend. Add nuts, then vanilla, and fold in stiffly beaten whites of eggs. Bake 30 to 45 minutes.

Sugar 1 cup.	Egg whites 2.
Water 1 cup.	Vanilla $\frac{1}{2}$ teaspoon.
Pinch of cream of	Lemon $\frac{1}{2}$ teaspoon.
tartar.	

Boil sugar, water and cream of tartar until it threads. Pour on eggs beaten stiff, add flavoring, beat until thick, then ice. Sprinkle nuts on top.

MRS. HENRY E. GRIDER.

Jelly Roll.

Eggs 5.
Sugar 1 cup.
Pinch of salt.
Vanilla.
Flour 2 cups.

Beat whole eggs, add sugar, salt and vanilla. Stir well, add cream or full strength evaporated milk, then dry ingredients sifted together. Mix well. Pour thinly into well-buttered tin. Bake about 20 minutes in moderate oven, 350 degrees. Take out on cold damp cloth. Cut off edges. Spread with jelly, prune or apple butter and roll immediately, working fast. Sprinkle with powdered sugar.

MRS. ELAINE SVATEK.

Lady Baltimore Cake.

Eggs 6.
Cream of tartar $\frac{1}{4}$ teaspoon.
Salt $\frac{1}{4}$ teaspoon.
Sugar $1\frac{1}{2}$ cups.
Flour $1\frac{1}{2}$ to $1\frac{3}{4}$ cups.
Baking powder 2 teaspoons.

Chocolate (grated) 2 ounces.
Sugar $\frac{1}{2}$ cup.
Almond paste $\frac{1}{2}$ cup.
Egg yolks 4.
Citron (shredded) $\frac{1}{4}$ pound.
Pecan nut meats $\frac{1}{4}$ cup.

Soft boiled frosting flavored with vanilla.

This cake is made in three parts: 1, cake; 2, chocolate cream filling, and 3, nut cream.

Separate whites from yolks of eggs, add cream of tartar and salt to the whites and beat until stiff. Beat the yolks until thick, add the sugar and mix well. Sift flour 3 times with baking powder, adding to yolk mixture. Fold in egg whites. Bake $\frac{3}{4}$ hour in an oven that slowly rises in temperature, keeping a piece of paper over the top of the pan. When cold cut in three layers with a sharp knife.

Heat 1 cup of milk in a double boiler with 4 tablespoons sugar and 4 tablespoons almond paste, add the shredded citron and pecan meats ground in a vegetable grinder and thicken with 2 egg yolks.

Heat 1 cup of milk in a double boiler with 4 tablespoons sugar and 4 tablespoons almond paste. Add the chocolate, melted, and the beaten yolks of 2 eggs. Set aside to cool.

When both creams are cool enough spread the layers, using the nut filling for the bottom layer, the chocolate for the second and the boiled frosting for the top of the take.

FLORENS COHEN.

Lightning Cake.

Butter $\frac{1}{2}$ cup.
Egg yolks 4.
Flour 1 cup.
Egg whites 4.

Sugar $\frac{1}{2}$ cup.
Milk $\frac{1}{4}$ cup.
Baking powder $2\frac{1}{2}$ teaspoons.

Have yolks beaten to add alternately with milk. Sift flour once. Measure and sift 3 or 4 times with baking powder. Put in 2 greased and slightly floured 9-inch pans. Beat egg whites stiff, cream with them the sugar and add flavoring. Spread this on top of the above dough $1\frac{1}{2}$ inches away from the very edge all around. Sprinkle with coconut or chopped nuts and bake in a 350-degree oven 20 to 25 minutes. When cool spread the custard in between 2 layers only.

Milk 1 cup.
Flavoring $\frac{1}{2}$ teaspoon.
Pinch of salt.
Flour 1 tablespoon.

Sugar $\frac{1}{2}$ cup.
Whole egg 1.
Cornstarch 1 tablespoon.

Cook the above ingredients in a double boiler until thick.

MRS. BESSIE LESAK.

Marble Cake.

Eggs (slightly beaten) 2.
Flour $1\frac{1}{2}$ cups sifted 3 times with 3 teaspoons baking powder.

Butter $\frac{1}{4}$ cup.
Cocoa 3 tablespoons to one part.
Milk $\frac{3}{4}$ to $\frac{1}{2}$ cup.
Sugar $\frac{3}{4}$ cup.
Vanilla 1 teaspoon.

Cream butter and sugar, add eggs, flour and milk enough to make a dough not too stiff, then divide in half and put cocoa in one part. Drop dough by spoonful into pan, alternating light and dark. Bake 40 minutes in oven 350 degrees and do not open oven while baking. Do not remove from pan until cold.

MRS. A. V. M'CORMICK.

Meat and Fruit Cake.

Mincemeat 1 cup.
Molasses $\frac{1}{2}$ cup.
Sugar $\frac{3}{4}$ cup.
Raisins $\frac{3}{4}$ cup.
Butter (softened) $\frac{1}{2}$ cup.
Sour milk $\frac{1}{2}$ cup.
Coffee (hot) $\frac{1}{2}$ cup.

Soda 2 teaspoons.
Flour 3 cups.
Cinnamon 1 teaspoon.
Ground cloves $\frac{1}{3}$ teaspoon.
Pinch of salt.
Pinch of ginger.
Egg (well beaten) 1.

Dissolve the soda in the coffee and add the ingredients in the order named. Beat all together after each addition. Bake in a slow oven. Brush top of cake when cool with honey and cover with white icing.

MRS. C. SCHMALL.

Molasses Cake.

Mineral oil $\frac{1}{4}$ cup.
Eggs 2.
Molasses $\frac{1}{2}$ cup.
Baking powder 1 teaspoon.
Nut meats (chopped) 1 meat.

Cloves $\frac{1}{2}$ teaspoon.
Sugar $\frac{3}{4}$ cup.
Sour milk $\frac{1}{2}$ cup.
Flour $1\frac{1}{2}$ cups.
Soda $\frac{1}{2}$ teaspoon.
Cinnamon 1 teaspoon.

Mix the oil and sugar together. Add unbeaten eggs one at a time, beating well after each addition. Add sour milk and molasses mixed together to first mixture with sifted dry ingredients and nut meats. Bake in muffin pans 20 minutes in hot oven.

MRS. R. WHITTLE.

Nut Cake.

Eggs (beaten separately) 2.	Baking powder $\frac{1}{4}$ tea-spoon.
Brown sugar (beaten into the yolks of eggs) 1 cup.	Nut meats (chopped) 1 cup.
Butter $\frac{1}{2}$ cup.	Flour $\frac{1}{2}$ cup.

Add butter to brown sugar and eggs. Whites of eggs beaten stiff and folded in last. Place in small muffin tins and bake 15 minutes in medium hot oven.

MRS. FANNY W. MORE.

Orange Cake.

Butter $\frac{1}{2}$ cup.	Water (cold) 1 cup.
Sugar $1\frac{1}{2}$ cups.	Flour 3 cups.
Egg yolks 4.	Baking powder 3 tea-spoons.
Juice and grated peel of a medium orange.	Egg whites (beaten stiff) 2.

Cream butter and sugar, add egg yolks one at a time, add grated peel and juice, add water, sift flour and baking powder and fold into the mixture. Beat the whites of 2 eggs stiff and fold in. Bake in a moderate oven 30 minutes. Makes 2 large layers.

For frosting beat the whites of 2 eggs and 2 cups of powdered sugar, and when smooth add a few drops of lemon and orange juice and grated peel of orange. Spread on cake. Put sliced oranges on top.

MRS. J. A. RATTINGER.

Peach Short Cake.

Sugar 1 cup.	Milk 1 cup.
Butter $\frac{1}{4}$ pound.	Flour 2 cups.
Lemon rind (grated) $\frac{1}{2}$.	Baking powder 2 tea-spoons.
Eggs 3.	Sliced canned peaches.

Cream sugar and butter, add beaten eggs, rind of lemon. Add milk and sifted flour and baking powder alternately. Bake in oblong pan greased and floured for 25 minutes in a 400-degree oven. Remove from pan and when cold split and spread on lower half whipped cream and place sliced canned peaches on it. Put other half on peaches and put cream on and sliced peaches. Cut in squares and serve.

MRS. H. SIELAFF.

Pineapple Cake.

Butter $\frac{1}{2}$ cup.	Baking powder 3 tea-spoons.
Sugar $1\frac{1}{2}$ cups.	Pineapple juice $\frac{1}{4}$ cup.
Milk $\frac{3}{4}$ cup.	Egg whites (beaten stiff) 4.
Pasty flour 2 $\frac{1}{2}$ cups.	

Cream butter, gradually add sugar, then alternately milk and flour sifted with baking powder and pineapple juice. Fold in whites of eggs. Bake slowly in flat pan 8 by 10. While this is baking cook

Egg yolks (beaten) 4.	Sugar $\frac{3}{4}$ cup.
Grated or crushed pineapple (well drained) 1 No. 2 can.	Pinch of salt.
	Lemon juice or extract 1 teaspoon.

Cook in double boiler until thick. Cool, spread on cake and allow it to set awhile. Then cover with

Egg white 1.	Sugar $\frac{7}{8}$ cup.
Cream of tartar $\frac{3}{4}$ teaspoon.	Pineapple juice 3 table-spoons.

Put all together in double boiler and beat with rotary egg beater constantly over boiling water 7 minutes. Remove from hot water and beat until of consistency to spread.

MRS. R. W. PACHALY.

Poppy Seed Cake.

Granulated sugar $1\frac{1}{2}$ cups.	Cake flour 2 cups.
Butter $\frac{1}{2}$ cup.	Baking powder 2 tea-spoons.
Poppy seed (soaked in 1 cup sweet milk 1 hour) $\frac{1}{2}$ cup.	Vanilla 1 teaspoon.
	Egg whites (beaten light) 4.

Cream the butter and sugar, add vanilla, then poppy seed and milk, flour and baking powder sifted and lastly fold in the whites of eggs. Bake in 375-degree oven until firm.

Egg yolks 4.	Milk $\frac{1}{2}$ cup.
Sugar 3 table-spoons.	

Cook the above over boiling water until creamy; when cool add 1 cup chopped nut meats. Spread filling on layers of cake and cover with whipped cream. Sprinkle with chopped nuts and decorate with maraschino cherries.

MRS. ANNA MORGAN.

Pound Cake.

Flour 1 pound.	Eggs 8.
Granulated sugar 1 pound.	Cream of tartar $\frac{1}{2}$ teaspoon.
Butter 1 pound.	Vanilla 1 table-spoon.

Cream butter and sugar together for $\frac{1}{2}$ hour. Do not separate eggs, but add them whole, one at a time, beating the mixture for 5 minutes after the addition of each egg. Sift together the salt, cream of tartar and 2 cups of the flour. Add to first mix-

ture, then add the remaining flour. Add the vanilla and beat until well blended. Turn into 2 well-buttered loaf-cake tins and bake in a slow oven for 1 hour.

MRS. JOSEPH VON EBERS.

Prune and Nut Cake.

Sugar 1 cup.	Baking powder 2 tea-
Butter $\frac{1}{2}$ cup.	spoons.
Eggs 2.	Salt $\frac{1}{2}$ teaspoon.
Walnut flavoring 1	Sour milk 1 cup.
teaspoon.	Flour 2 cups.
Cinnamon 1 tea-	Prunes (cooked and
spoon.	chopped) 1 cup.
Nutmeg $\frac{1}{2}$ teaspoon.	English walnuts
Baking soda $\frac{1}{2}$ tea-	(chopped) 1 cup.
spoon.	

Cream sugar and butter, add beaten eggs and flavoring, then milk. Sift cinnamon, nutmeg, salt, soda and baking powder with flour 3 times. Add to the above, then after flour is thoroughly mixed add prunes and nuts. Bake in 2 layers, 350 degrees. Put together with sour cream frosting.

Nuts (chopped) 1 cup. Sour cream 1 cup.
Sugar 1 large cup. Flour 2 tablespoons.

Mix all together and cook slowly until clear, flavor with walnut flavoring.

MRS. J. C. DORFLER.

Saffron Cake.

Flour 2 pounds.	Lemons or oranges $\frac{1}{2}$
Butter or lard $\frac{1}{2}$	pound.
pound.	Nutmeg 1 teaspoon.
Raisins $\frac{1}{2}$ pound.	Cinnamon $\frac{1}{2}$ teaspoon.
Currants $\frac{1}{2}$ pound.	Spanish saffron 1 tea-
Sugar $\frac{1}{2}$ pound.	spoon.
Candied citron $\frac{1}{4}$	Compressed yeast 2
pound.	cakes.
Salt 1 teaspoon.	

Take 1 cup of the flour, make a sponge with yeast and 1 cup warm water. Soak saffron in 1 cup boiling water for 1 hour. Sift flour and all dry ingredients and mix in the butter. Now add sponge and saffron water and milk to make a soft dough. Place in small bread pans, bake 1 hour in moderate oven.

MRS. CLAYTON STEPHENS.

Scotch Oat Cakes.

Flour 1 cup.	Salt 2 teaspoons.
Salt 2 teaspoons.	Baking powder 2 tea-
Fine oatmeal	spoons.
(Scotch style) 3	Sweet milk $1\frac{1}{2}$ cups.
cups.	Flour for rolling cakes
Shortening 4 table-	on baking board 1
spoons.	cup.

Mix the dry ingredients in a bowl. Scald milk and shortening, add to the dry ingredients. Mix thoroughly with silver knife. When thoroughly mixed

quickly make into balls a little larger than a golf ball and set on baking board. Roll each ball out on floured board carefully and lightly until very thin, $\frac{1}{8}$ inch or less. With pancake lifter slip on to oven sheets and bake in moderately hot oven until light brown, 10 or 15 minutes. Put on a rack until cool to retain crispness.

MARION J. STEWART.

Spice Cake.

Butter $\frac{1}{2}$ cup.	Baking powder 3 tea-
Sugar 1 cup.	spoons.
Eggs 2.	Salt $\frac{1}{2}$ teaspoon.
Coffee (cold and	Cinnamon 1 teaspoon.
strong) $\frac{1}{2}$ cup.	Cloves and allspice
Flour 2 cups.	each $\frac{1}{4}$ teaspoon.

Cream butter and sugar and beat until light. Beat in egg yolks, add coffee slowly. Add dry ingredients which have been sifted together 3 times. Beat 3 minutes. Fold in beaten egg whites. Bake in 2 medium-size layers in moderate oven 25 minutes.

FRANCES G. LARSEN.

Spice Cake.

Butter $\frac{1}{2}$ cup.	Cinnamon 1 teaspoon.
Sugar 1 cup.	Soda (dissolved in $1\frac{1}{2}$
Egg 1.	tablespoons boiling
Sour milk 1 cup.	water) 1 teaspoon.
Cake flour 2 cups.	

Cream butter, add sugar gradually. Add unbeaten eggs and blend well. Add sour milk. Fold in flour and last of all add soda dissolved in boiling water. Pour in well-buttered pan (loaf) and bake 1 hour in moderate oven. When quite cold cut in slices, using half the loaf for a meal. Cover each slice with a generous serving of raisin sauce. Will keep moist two weeks if wrapped in oiled paper.

CLARA L. ALLEN.

Strawberry Feather Cake.

Whipping cream 1	Pastry flour 2 cups.
cup.	Sugar $1\frac{1}{2}$ cups.
Egg whites 3.	Baking powder 3 tea-
Water (cold) $\frac{1}{2}$ cup.	spoons.
Almond flavoring 1	Salt $\frac{1}{4}$ teaspoon.
teaspoon.	

Whip egg whites stiff, then beat cream stiff and gently combine the two. Fold in gradually the cold water to which the flavoring has been added. Mix and sift the dry ingredients all together 3 times and gradually add to the first mixture. Combine gently but well and bake in layers in a 325-degree oven 20 to 25 minutes. Allow to become firm but not brown. This makes three 9-inch

layers or 2 larger ones. Put together with the following:

Fine granulated sugar 2 cups.	Egg whites 3.
Water (cold) $\frac{1}{2}$ cup.	Strawberries (crushed) $\frac{1}{4}$ cup.
Pinch of salt.	

Boil sugar and water to 240 degrees on a candy thermometer or until it spins a long, heavy thread. Add salt to egg whites, beat until they will stand in points, then gradually add the hot sirup. Add the crushed well-drained strawberries (fresh if obtainable) and beat until of the consistency to spread. MRS. U. H. SHULL.

Strawberry Jam Cake.

Butter $\frac{3}{4}$ cup.	Cinnamon 1 teaspoon.
Sugar 1 cup.	Nutmeg $\frac{1}{2}$ teaspoon.
Strawberry jam or preserves $\frac{3}{4}$ cup.	Eggs 3.
Cake flour 2 cups.	Soda 1 teaspoon.
Baking powder 1 teaspoon.	Sour milk or butter-milk $\frac{1}{2}$ cup.

Cream together butter and sugar. Add the strawberry jam or preserves. Sift the flour, then measure. Add baking powder, cinnamon and nutmeg and sift 3 times. Add beaten egg yolks to butter and sugar, add soda to sour milk, then add milk and soda to sugar, butter and egg mixture alternately with flour mixture. Beat the whites of eggs very stiff and fold in. Bake in layers in moderate oven, 350 degrees, for 20 to 25 minutes. When they are cool, ice with Powdered sugar 1 cup. Maple extract $\frac{1}{2}$ teaspoon. Salt $\frac{1}{4}$ teaspoon. Milk $\frac{1}{4}$ cup. Butter 1 tablespoon.

Mix dry ingredients. Cream butter into this mixture. Add maple extract. Pour in small amount of milk very slowly, stirring constantly, till the right consistency to spread, but not thin enough to run. Spread on cake. ESTHER GRACE NOLAN.

White Cake.

Sugar $1\frac{1}{2}$ cups.	Baking powder 2 teaspoons.
Butter $\frac{1}{2}$ cup.	Vanilla flavoring 1 teaspoon.
Flour $2\frac{1}{4}$ cups.	Egg whites 4.
Milk 1 cup.	
Salt $\frac{1}{2}$ teaspoon.	

Cream the butter and add sugar gradually. Sift flour, salt and baking powder 3 times. Add to creamed mixture alternately with the milk. Add flavoring and mix well. Fold in well-beaten egg whites, put in well-greased and floured layer-cake tins and bake in moderate oven, 350 degrees, for 40 minutes.

Marshmallows 12.	Egg white (unbeaten) 1.
Granulated sugar 1 cup.	Coconut (milk packed) 1 can.
Water 3 tablespoons.	

Cut marshmallows into bits with scissors. Put sugar, water and egg white in double boiler and beat with round egg beater 7 minutes after water is boiling underneath. Stir in marshmallows and beat until melted. Put half, coconut in icing and half on top. MRS. JAMES O. LATHAM.

White Cake with Water.

Cake flour (sifted) 2 cups.	Sifted sugar 1 cup.
Baking powder 3 teaspoons.	Water (cold) $\frac{3}{4}$ cup.
Shortening (butter preferred) $\frac{1}{2}$ cup.	Vanilla 1 teaspoon.
	Egg whites (beaten light) 3.

Cream sifted sugar and shortening. Sift flour once, measure and sift 3 times. Add water and flour alternately a small amount at a time, beat well after each addition. Add vanilla, then very gently add baking powder to beaten eggs and fold in. Bake in layers in moderate oven, 375 degrees, 20 to 25 minutes.

Egg white (unbeaten) 1.	Water (cold) 3 tablespoons.
Granulated sugar $\frac{7}{8}$ cup.	

Put in double boiler and be sure water is boiling underneath. Beat with round beater 7 minutes. Remove from fire, add 13 marshmallows cut in pieces and 1 teaspoon vanilla. Beat until marshmallows are melted and frosting is stiff and thick.

MRS. MARY A. SLAUGHTER.

Whole Egg Cake.

Egg yolks 3.	Vanilla extract 1 teaspoon.
Egg white 1.	
Flour 3 cups.	Cooking fat $\frac{3}{4}$ cup.
Milk 1 cup.	Baking powder 2 teaspoons.
Sugar 2 cups.	

Cream fat and sugar. Add all eggs. Add $\frac{1}{2}$ cup milk, then flour and the remainder of the milk, stirring slowly. Add the baking powder, then beat the cake until it is creamed. Bake in 3 layers in hot oven 10 minutes.

Sugar $1\frac{1}{2}$ cups.	Egg whites 2.
Water (cold) 4 tablespoons.	Baking powder $\frac{1}{4}$ teaspoon.

Mix well together in the top of a double boiler over rapidly boiling water. Beat with round egg beater constantly for 7 minutes. Remove from heat and continue beating until frosting will stand in peaks. Add flavoring as desired and spread on

cooled cake combined with crushed pineapple. MRS. MABEL M'DANIELS.

COOKIES.

Brownies.

Granulated sugar 1 cup. Butter 6 tablespoons.
Eggs 2. Chocolate 2 squares.
Salt $\frac{1}{2}$ teaspoon. Flour $\frac{1}{2}$ cup.
Nuts (chopped) 1 cup. Vanilla 1 teaspoon.

Cream sugar with melted butter, add eggs well beaten and vanilla. Dissolve chocolate in 3 tablespoons of boiling water, add salt, flour and nuts. Spread in a long buttered pan and bake in a slow oven 25 minutes. Cut in squares as soon as taken out of the oven. Sprinkle with powdered sugar if desired.

MRS. WILLIAM R. LYON.

Butter Almond Cookies.

Sugar 1 cup. Cinnamon $\frac{1}{2}$ teaspoon.
Butter 1 cup. Blanched almonds $\frac{1}{4}$ cup.
Egg 1.
Flour 2 cups.

Cream butter and sugar thoroughly; add unbeaten egg yolk, then add sifted flour and cinnamon. Put into long pans and work into as thin a layer as possible. (The dough is like pie crust and must be patted into the pan well.) Take unbeaten egg white and cover top of dough, then sprinkle with chopped blanched almonds. Bake for $\frac{1}{2}$ hour in a slow oven, 300 degrees. Cut in squares while hot and let stand until cool before taking out of pan.

MRS. ELEORA HANSON.

Cheese Cookies.

Sweet butter $\frac{1}{2}$ pound. Butter cheese (or farmer cheese) $\frac{1}{2}$ pound.
Flour $\frac{1}{2}$ pound.
Egg yolks 2.

Rub butter and cheese together, mix in beaten egg yolks and then add flour and work into a ball with your hands until it leaves your hands and bowl perfectly clean. Place dough in icebox over night, or if desired for a couple of hours or such time while making necessary preparations for baking. Roll out dough on floured board quite thin, brush with slightly beaten egg whites (2), sprinkle with sugar, cinnamon or chopped nuts. Thick jam may be used for trimming. Cut with fancy cookie cutter, or cut in squares and fill with raisins, nuts, jam, etc., and roll into crescents. Bake in ungreased pans in moderate-

ly hot oven until light brown. When baked sprinkle with powdered sugar. MRS. L. B. HOFFING.

Chocolate Cookies.

Brown sugar 1 cup. Egg 1.
beaten to a cream. Flour $1\frac{1}{2}$ cups (or
with $\frac{1}{2}$ cup but- more so cookies will
ter (butter meas- hold their shape
ured, then melted). when baked).
Sweet milk $\frac{1}{2}$ cup. Chocolate (dissolved
($\frac{1}{2}$ teaspoon soda in $\frac{1}{2}$ cup hot wa-
dissolved in milk). ter) 2 tablespoons.
Nut meats (chopped) Seedless raisins $\frac{3}{4}$
 $\frac{3}{4}$ cup. cup.

Drop from spoon on greased tins and bake in moderate oven. When cool frost with the following:

Sugar $1\frac{1}{2}$ cups. Milk $\frac{3}{4}$ cup.

Cook together until it reaches firm ball stage, then add 1 teaspoon butter and 1 teaspoon vanilla. Remove from fire and beat until creamy and stiff enough to make a little mound on cookies. Place half a nut meat on top of each cookie.

MISS ETHEL DAVIS.

Chocolate Drop Cookies.

Brown sugar 1 cup. Flour $1\frac{1}{2}$ cups.
Shortening (melted) Salt $\frac{1}{2}$ teaspoon.
 $\frac{1}{2}$ cup. Soda 1 teaspoon.
Egg (beaten) 1. Cocoa 4 tablespoons.
Vanilla 1 teaspoon. Raisins and chopped
Sweet milk $\frac{1}{2}$ cup. nuts $\frac{1}{2}$ cup each.

Icing:

Milk (hot) 3 table- Butter 2 teaspoons.
spoons. Vanilla $\frac{1}{2}$ teaspoon.
Confectioner's sugar Shredded coconut $\frac{1}{4}$
 $1\frac{1}{4}$ cups. pound package.

Blend sugar and melted shortening; add well-beaten egg and vanilla, mix thoroughly. Add alternately milk and flour which has been sifted with salt, soda and cocoa; beat well. Lastly fold in nuts and raisins which have been slightly floured. Drop by teaspoons far apart on greased baking sheet and bake in moderate oven, 350 degrees, for 12 minutes. Cover with icing. Add butter to hot milk, add sugar slowly and beat until smooth; add vanilla. Spread on cookies and top with coconut.

MRS. ANNE FEHSER.

Chocolate Rolled Cookies.

Shortening (butter is best) 12 table- Egg yolks 2.
spoons. Hazelnuts or filberts
Sugar $\frac{1}{2}$ cup. (finely ground) 1
Flour (sifted) $1\frac{1}{2}$ cup.
cups. Sweet chocolate $\frac{1}{4}$
pound.

Cream butter, add sugar gradually and beat again. When the sugar is well absorbed add beaten egg yolks

and mix well. Then add finely ground or grated chocolate (a nut mill will grind the chocolate too) and finely ground filberts, last the sifted flour. The dough should have enough flour to leave the bowl. To make the horns, take some of the dough, roll it about 4 inches long and $\frac{3}{4}$ -inch thick and form horns. Bake in a slow moderate oven 15 to 20 minutes. Do not put them close together. Melt 2 ounces of chocolate in a double boiler with $\frac{1}{4}$ cup of water, add some sugar and make a smooth paste. Apply hot after the cookies have cooled for chocolate icing.

MRS. ALICE CLARA SANER.

Christmas Cookies.

Sweet butter 2 cups. Flour (sifted) 4 cups.
Yolks of 3 hard-cooked eggs. Salt $\frac{1}{4}$ teaspoon.
mashed and Baking powder 1 tea-
rubbed through a spoon.
sieve. Raw eggs 3.
Rind (grated) and Blanched almonds (cut
and juice of $\frac{1}{2}$ lemon. up fine) 1 cup.

Cream the butter, add the yolks of hard-cooked eggs, rind and juice of lemon, then flour sifted with salt and baking powder alternately with raw eggs slightly beaten. Add more flour if needed and almonds. The dough should be stiff enough to knead. Turn on floured board and knead lightly and thoroughly to combine the ingredients. Chill dough thoroughly. Then roll portions of it to $\frac{1}{8}$ -inch thickness, cut in fancy shapes. Brush tops slightly with beaten egg white and sprinkle with chopped blanched almonds and coarse granulated sugar. Arrange on buttered baking sheets 1 inch apart and bake to golden brown (15 minutes) in moderate oven.

MRS. MARTIN MEYER.

Christmas Cookies.

Eggs 8. Baking powder 2 tea-
Sugar 4 cups. spoons.
Flour 8 cups.

Beat eggs and sugar together thoroughly. Then add the other ingredients, having sifted baking powder and flour together. Set in cold place overnight. When ready to bake roll dough and cut into cookie shapes. Place in baking sheet over which have been scattered anise seeds. Bake in moderate oven.

MRS. W. L. PURCELL.

Coconut Cookies.

Flour $1\frac{1}{4}$ cups. Vegetable fat $\frac{1}{2}$ cup.
Powdered sugar $\frac{1}{2}$ cup. Milk 2 teaspoons.

Cream margarine and sugar, add flour slowly, knead well with hand and add milk. Roll out thinly in two strips and lay on greased baking sheet. Mix well 5 ounces finely shredded coconut, 7 tablespoons powdered sugar, 1 beaten egg; add 6 drops essence of almonds. Spread this evenly over shortbread layer. Bake in moderate oven until golden brown, let cool and cut in fingers.

MRS. WALTER J. STEVENSON.

Coconut Cookies.

Butter 2 tablespoons. Shredded coconut $\frac{1}{2}$
Eggs 2. cup.
Baking powder 1 tea- Rolled oats 2 cups.
spoon. Vanilla 1 teaspoon.
Sugar 1 cup.

Cream butter and sugar, add well-beaten eggs, rolled oats, baking powder, vanilla and coconut. Drop mixture from teaspoon on greased pan. Bake in 350-degree oven until brown.

MRS. J. T. LUSCOMBE.

Cottage Cheese Drop Cookies.

Sugar 1 cup. Bread flour (sifted) 2
Butter (or other good cups.
shortening) $\frac{1}{2}$ cup. Soda $\frac{1}{4}$ level teaspoon.
Egg 1. Salt $\frac{1}{4}$ level teaspoon.
Cottage cheese $\frac{3}{4}$ cup. English walnut meats
(broken or chopped)
Orange rind $\frac{1}{2}$ cup.
(grated) 1.

Cream sugar and shortening. Add beaten egg, cottage cheese and grated orange rind. Sift soda and salt with flour and add to above. Add nuts and mix well. Drop by spoonful on buttered pans. Flatten with glass tumbler dipped in flour. Bake at 400 degrees until light brown, 15 minutes. Makes 3 dozen.

MRS. E. S. SMITH.

Date-Nut Cookies.

Dates (chopped) 1 cup. Flour $\frac{3}{4}$ cup.
English walnuts 1 cup. Baking powder 1 tea-
cup. spoon.
Sugar 1 cup. Salt $\frac{1}{4}$ teaspoon.
Eggs (beaten) 2.

Mix dry ingredients, stir in eggs, and spread on baking sheet as thin as possible. Bake $\frac{1}{2}$ hour. While warm cut in squares and roll in balls, then roll these in granulated sugar.

EDITH GROSS DOWELL.

Date Cookies.

Oatmeal (ground) 2 cups. Baking soda 1 tea-
Light brown sugar 1 cup. Butter $\frac{1}{2}$ cup.
 $\frac{1}{2}$ cups. Sour milk $\frac{1}{2}$ cup.
Lard $\frac{1}{2}$ cup. Salt $\frac{1}{2}$ teaspoon.
Flour 2 cups.

Sift flour and salt, add oatmeal and sugar, work in shortening. Stir soda into sour milk and add to balance of mixture. Blend thoroughly, then roll dough thin and cut with cooky cutter. Bake in hot oven until brown. Filling:

Stoned dates 1 lb. White sugar $1\frac{1}{2}$ cups.

Add water to cover, boil slowly until mixture thickens. Cool filling and spread between cookies when baked.

MRS. A. B. KOHR.

Drop Cookies, Popcorn Macaroons.

Popped corn 1 cup. Egg whites 3.
Nut meats (walnuts powdered sugar $1\frac{1}{2}$ preferred) 1 cup. cups.

Run popped corn and nut meats through a food chopper. Beat egg whites stiffly, beat in the sugar. Fold in ground nuts and popcorn and drop from teaspoon on to well-buttered tins. Bake 15 to 20 minutes in moderate oven.

MRS. GEORGE S. ARNOLD.

Filled Cookies.

Sweet butter 2 cups. Pinch of salt.
Sugar $1\frac{1}{2}$ cups. Almonds (coarsely
Egg (beaten) 1. chopped) $\frac{1}{2}$ pound.
Cream $\frac{1}{2}$ cup. Flour 5 cups.

Cream butter and sugar, add egg, cream, salt, almonds, flour; mix well together and turn out on floured board, roll thin and cut in pieces 3 inches in diameter. Place a little filling on each piece, roll up and shape into crescents. Filling:

Almonds or walnuts Butter 1 tablespoon.
(ground) $\frac{1}{2}$ pound. Sugar $\frac{1}{4}$ cup.
Egg yolks 2.

Mix the above ingredients to a smooth paste.

EMILY STYSKAL.

Filled Cookies.

Butter 1 cup. Baking powder 1 tea-
Sugar 1 cup. spoon.
Eggs 2. Nutmeg (grated) $\frac{1}{4}$
Flour 3 cups. teaspoon.
Vanilla 1 teaspoon. Salt $\frac{1}{4}$ teaspoon.

Cream butter, add the sugar and eggs beaten light. Stir until light and fluffy, then beat in flour, baking powder, vanilla and nutmeg. Let stand a few minutes. Shape in a roll about 2 inches thick, cover closely and put in icebox for several hours or until needed. Filling:

Dates 1 cup. Nut meats (chopped)
Raisins $\frac{1}{2}$ cup. 1 cup.
Water $\frac{3}{4}$ cup. Cornstarch 1 teaspoon.
Figs $\frac{1}{2}$ cup.

Grind the dates, raisins and figs through a coarse food chopper. Add

water and simmer 10 minutes. Add cornstarch and stir until thick. Chill and add nut meats. Remove cooky dough from icebox, cut in slices $\frac{1}{4}$ -inch thick. Drop 1 teaspoon of filling on slice. Press another slice on this, pressing edges together with a fork. Perforate top and bake in moderate oven 35 degrees about 10 minutes.

MRS. W. H. TREUSCHEL.

Fruit Nut Sheet.

English walnuts (cut Flour 1 cup.
fine) 1 cup. Eggs 3.
Brown sugar 1 cup. Baking powder 1 tea-
Seedless dates (quar- spoon.
tered) $1\frac{1}{4}$ cups.

Beat sugar and eggs together; dredge dates with flour, mix, pour into shallow greased pans. Bake slowly $\frac{1}{2}$ hour. Cut in bars 3 inches long and 1 inch wide. Roll while warm in powdered sugar. Makes 2 $\frac{1}{2}$ dozen.

MRS. KATE B. BOYD.

Ginger Cookies.

Molasses 1 cup. Ginger 1 tablespoon.
Soda 1 teaspoon. Vinegar 1 tablespoon.
Shortening $\frac{1}{2}$ cup.

Add to these ingredients enough flour to make a stiff dough. Roll as thin as possible, form into shape and bake till crisp in a hot oven.

MAISIE JACKMAN.

Ginger Cookies.

Sugar 1 cup. Soda (dissolved in 2
Butter (or substi- tablespoons vine-
tute) 1 cup. gar) 2 level tea-
Molasses 1 cup. spoons.
Eggs 2. Cinnamon 1 teaspoon.
Cloves $\frac{1}{2}$ teaspoon. Ginger $\frac{1}{2}$ teaspoon.

Add to the above ingredients combined as much flour as can be stirred in with a spoon. Let stand over night in cool place. Roll out very thin and cut with fancy cutter. Place $\frac{1}{2}$ blanched almond in center of each cooky and bake 10 to 15 minutes in moderate oven, 350 degrees.

MRS. NILS-MARTEN SIVERRE.

Golden Pastries.

Butter 1 cup. Egg yolks 6.
Flour 2 cups.

Work butter and flour like pie pastry. Add egg yolks one at a time (unbeaten), mixing each one into flour and butter well. Form into ball, place in icebox until it becomes a hard mass of dough.

Egg whites 4. Nuts (ground) 1 cup.
Sugar 1 cup. Cinnamon $\frac{1}{2}$ teaspoon.
Vanilla 1 teaspoon.

Beat egg whites stiff, add sugar.

vanilla, cinnamon and nuts. Cut off pieces of the dough, roll out into thin sheets, cutting pieces about 3 inches square. Place a teaspoon of the white egg mixture at one side of the squares of dough and fold over about 2 or 3 times. Bake in a slightly floured cooky tin 20 minutes in a moderate oven until a delicate brown. Sprinkle with powdered sugar.

MRS. M. E. CRAIN.

Honey Cookies.

Flour 4 cups.	Nuts (chopped) 1
Baking powder 3	pound.
teaspoons.	Honey $\frac{1}{2}$ pound.
Oil 3 tablespoons.	Granulated sugar 1
Eggs 4.	cup.

Mix flour, baking powder, oil, eggs and knead very well. Roll in strips 3 inches long, place on tins and bake. Mix nuts, honey and sugar well with wooden spoon and boil with cakes until brown. Take off stove, wet with cold water, spread out on board. When cold, pat with the hands to make thin and sprinkle with dry ginger.

MRS. E. SANDOWITZ.

Honey Cookies.

Strained honey 2 $\frac{1}{2}$	Blanched almonds
cups.	(sliced) $\frac{1}{2}$ pound.
Sugar 2 cups.	Cinnamon 2 teaspoons.
Soda (dissolved in	Allspice 1 teaspoon.
$\frac{1}{2}$ cup grape	Nutmeg 1 teaspoon.
juice) 2 teaspoons.	Ginger $\frac{1}{2}$ teaspoon.
Eggs (well beaten) 4.	Pinch of salt.

Boil the honey and sugar together. Mix the balance well with 6 cups of flour and when the mixture of honey and sugar has cooled mix all together. Let stand all night in cool place. In the morning add sufficient flour to make a stiff dough. Roll out, cut into cooky shapes and bake in moderate oven until brown.

MRS. HILDA P. SHEARER.

Icebox Cookies.

Butter 1 cup.	Sugar 1 cup.
Eggs 2.	Flour 3 cups.
Baking powder 2	Salt $\frac{1}{4}$ teaspoon.
teaspoons.	

Cream butter and sugar, add the beaten eggs, sift the dry ingredients and add to first mixture. Now divide into three parts. Add to first part $\frac{1}{2}$ cup chopped nuts and $\frac{1}{2}$ teaspoon vanilla. To second part add $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ teaspoon mace. To third part add $\frac{1}{4}$ cup poppy seeds or $\frac{1}{2}$ cup chopped glace cherries and $\frac{1}{2}$ teaspoon cinnamon. Roll each part

separately on a lightly floured board, thus making 3 rolls. Put rolls in icebox overnight. Next morning slice into thin cookies and bake 15 minutes in 425-degree oven.

DOROTHY C. AMBER.

Icebox Cookies.

White sugar 1 cup.	Cinnamon 1 teaspoon.
Butter 1 cup.	Pinch of salt.
Flour (sifted) 4	Brown sugar 1 cup.
cups.	Lard 1 cup.
Brazil nuts (chopped	Soda 1 teaspoon.
in small pieces)	Nutmeg 1 teaspoon.
$\frac{1}{2}$ cups.	Eggs 3.

Cream shortening and sugar, beat eggs and add to this. Dissolve soda in teaspoon of boiling water. Mix all together and make into a roll. Put in refrigerator overnight, then slice in thin slices and bake 10 minutes in 400-degree oven. Makes 6 dozen cookies.

MRS. GRACE LEYENDECKER.

Molasses Cookies.

Brown sugar 1 cup.	Flour (enough to
Molasses 1 cup.	make a dough) 3 to
Shortening 1 cup.	4 cups.
Soda 1 teaspoon.	Cinnamon 3 teaspoons.
Eggs (beaten slight-	Cloves $\frac{1}{2}$ teaspoon.
ly) 2.	Soda $\frac{3}{4}$ teaspoon.
Salt 1 teaspoon.	

Boil sugar, molasses, shortening and a teaspoon of soda 10 minutes. Let cool until just lukewarm, then add eggs, and flour sifted with salt, cinnamon, cloves and remaining soda. Roll dough out into a thin sheet and cut out in various shapes. Sprinkle with sugar. Preheat the oven for 15 minutes at 425 degrees. Remove cookies from hot pan at once when cooked and lay on flat surface until cold.

MISS LILLIAN WITT.

Molasses Cookies.

Melted shortening $\frac{1}{2}$ cup.	Baking soda $\frac{1}{2}$ tea-
	spoon.
Molasses $\frac{1}{2}$ cup.	Egg 1.
Granulated sugar $\frac{1}{2}$	Raisins 1 cup.
cup.	Sour milk or cream
Cinnamon $\frac{1}{2}$ tea-	$\frac{1}{2}$ cup.
spoon.	Flour 2 cups.
Ginger $\frac{1}{4}$ teaspoon.	Baking powder 2 tea-
Salt $\frac{1}{4}$ teaspoon.	spoons.

Mix together the melted shortening, sugar and molasses. Dissolve the soda in a teaspoon of hot water and add. Add the eggs, milk and raisins. Add the sifted flour, baking powder and salt. Last of all whip in the spices until well blended. Bake in greased pan 10 or 15 minutes in moderate oven. Mark off into rectangles.

MRS. L. R. MONTGOMERY.

Nut Cookies.

Pastry flour $\frac{3}{4}$ pound.
 Shelled hazelnuts $\frac{1}{2}$ pound.
 Sweet butter $\frac{1}{2}$ pound.
 Fine granulated sugar $\frac{1}{2}$ pound.
 Egg yolks 3.
 Few grains of salt.

Cream butter, add sugar gradually, add beaten yolks of eggs, salt and hazelnuts ground fine. Work dough thoroughly until it is neither sticky nor crumbly and can be lifted easily from the bowl in one mass. Then let it rest in a cool place for $\frac{1}{2}$ hour. Form with hands medium thick sticks, 3 inches long, paint the top with egg yolk, place in buttered pan and bake in moderate oven 350 degrees.

MRS. ELLEN PARRHYSIUS.

Oatmeal Cookies.

Granulated sugar $\frac{3}{4}$ cup.
 Brown sugar $\frac{1}{4}$ cup.
 Shortening $\frac{1}{2}$ cup,
 including $\frac{1}{8}$ cup
 lard.
 Eggs 2.
 Evaporated milk
 (undiluted) $\frac{1}{2}$ cup.
 Salt $\frac{3}{4}$ teaspoon.
 Bread flour 2 cups.
 Cornstarch $\frac{1}{4}$ cup.
 Bran or oatmeal $\frac{1}{2}$
 cup.
 Baking powder 2 level
 teaspoons.
 Orange peel (grated)
 $\frac{1}{2}$.

Cream the shortening, adding alternately the mixed sugars, the beaten egg yolks, the milk and bran or oatmeal and the flour slightly warmed and sifted with baking powder, then grated peel and egg whites stiffly beaten with salt. Divide the mixture into as many oiled bowls as desired, perhaps 4. To one mixture add generous $\frac{1}{2}$ -cup floured seeded raisins, currants or diced dates with chopped candied orange or lemon peel. To another, scant $\frac{1}{2}$ -cup chopped nuts; to another, coconut shredded or moist, and to the fourth $\frac{1}{2}$ teaspoon ground spices and heaping teaspoon cocoa moistened with 1 each of milk and cornstarch. Drop these different varieties by the heaping teaspoonful on tin sheet. Bake 25 minutes in a moderate oven.

MRS. M. DENNEY.

Plain Cookies.

Butter 1 cup.
 Bread flour 3 cups.
 Lemon rind (grated)
 $\frac{1}{2}$.
 Powdered sugar $\frac{1}{2}$
 cup.
 Egg yolks 5.

Mix all this together on bread board. Cut it with a knife. Take a small piece at a time and cut with

a cooky cutter or glass. Brush the top with beaten egg and sprinkle with sugar, cinnamon and finely chopped almonds. Bake on greased tins in moderate oven.

MRS. SOPHIA ZIMMER.

Sheet Cookies.

Shortening $\frac{1}{2}$ cup.
 Sugar $\frac{1}{2}$ cup.
 Eggs 3.
 Vanilla 1 teaspoon.
 Currants $\frac{1}{4}$ cup.
 Pastry flour (sifted) $\frac{1}{2}$
 cup.
 Blanched almonds $\frac{1}{2}$
 cup.

Cream shortening until soft and work in sugar. Add yolks of eggs well beaten, vanilla, flour, and fold in stiffly beaten whites of eggs. Spread the batter on greased tins $\frac{1}{2}$ inch thick. Sprinkle the top with currants and almonds. Bake 350 degrees for 10 to 15 minutes. Remove from oven and cut in small diamond-shaped pieces. Return to oven set at 225 degrees and bake till each piece is dry and crisp.

MRS. PRESLEY HOLMES.

Sour Cream Cookies.

Shortening 1 cup.
 Sugar 2 cups.
 Eggs 2.
 Sour cream 1 cup.
 Flour 5 cups.
 Baking powder 2 tea-
 spoons.
 Soda 1 teaspoon.
 Nutmeg 1 teaspoon.

Cream shortening, add sugar and cream again, add unbeaten eggs one at a time, beating thoroughly after each addition. Add sour cream and when well mixed add sifted dry ingredients. Roll out, cut with cooky cutter and bake in hot oven 15 minutes.

MARION SLUSSER.

Sour Cream Cookies.

Butter $\frac{1}{2}$ cup.
 Granulated sugar 1
 cup.
 Eggs 2.
 Flour $2\frac{1}{2}$ cups.
 Thick sour cream $\frac{1}{2}$
 cup.
 Baking soda $\frac{1}{2}$ tea-
 spoon.

Cream butter, add sugar gradually, separate the yolk of 1 egg, reserving the white for the top of the cookies. Beat eggs and add to sugar and butter mixture until lemon tinted. Add sour cream and beat until thoroughly blended. Sift flour and soda together. Add to mixture and continue stirring until ingredients are well mixed. Chill dough and roll in thin sheet. Cut out with cooky cutter and place on buttered baking sheet 1 inch

apart. Brush tops over with slightly beaten white of egg and sprinkle with granulated sugar and bake in a hot oven. More flour may be added if needed.

MRS. MARY C. HANSON.

Sour Milk Cookies.

Shortening (melted) 1 cup. Baking soda 1 teaspoon.
 Sugar 2 cups. Pastry flour (sifted) 4½ cups.
 Sour milk or cream 1 cup. Vanilla flavoring 1½ teaspoons.
 Eggs 2. Salt 1½ teaspoons.

Mix liquids and add to sifted dry ingredients. Raisins, coconut or other nuts may be added if desired. Chill and roll on slightly floured board. Cut into shapes and bake in a hot oven, 375 degrees, for 20 minutes. Makes 9 dozen cookies. Put sugar on top.

MRS. CLARA A. CHESHOLM.

Sugar Cookies.

Butter ½ cup. Flavoring (vanilla, lemon extract or cinnamon) ½ teaspoon.
 Sugar 1 cup. Egg 1. Baking powder 1 teaspoon. Flour to make a stiff dough.

Mix ingredients in order given. Chill dough thoroughly. Roll out thin, shape with cutter, bake about 10 minutes in hot oven.

MRS. H. L. HAMPTON.

Swedish Brown Cookies.

Sugar 1 cup. Nutmeg 1 teaspoon.
 Lard ¾ cup. Cloves ½ teaspoon.
 Water ¼ cup. Ginger ½ teaspoon.
 Molasses ¾ cup. Soda 2 teaspoons.
 Sirup ¼ cup. ¼ cup warm water.
 Cinnamon 1 teaspoon.

Add ingredients as given and boil for 3 minutes, stirring occasionally. Remove from fire and cool. Add enough flour to roll. Roll thin.

MRS. G. V. ERICSON.

DOUGHNUTS.

Doughnuts with Sour Milk.

Egg 1. Sugar 1 cup.
 Sour milk 1 cup. Baking powder 1 tablespoon.
 Butter (melted) 2 tablespoons. Flour 4 cups.
 Salt 1 teaspoon. Nutmeg ½ teaspoon.
 Soda 1 teaspoon.

Mix well the dry ingredients. Beat the egg and add the milk. Mix the dry ingredients into the wet and add the melted butter. Roll out and cut with cutter. Fry in deep fat. Drain on soft paper and dust with powdered sugar. Doughnuts may be dipped

quickly into boiling water to remove excess fat.

Doughnuts with Sweet Milk (Plain).

Eggs 2. Sugar 1 cup.
 Butter 2 tablespoons. Milk 1 cup.
 Salt ½ teaspoon. Nutmeg ½ teaspoon.
 Baking powder 3 teaspoons. Flour (enough to roll well) 3 to 3½ cups.

Mix 2 cups of flour with the other dry ingredients. Whip the whole eggs and add the milk and then add this to the flour mixture. Add sufficient flour to roll out the dough. Fry in deep fat and drain and dust with powdered sugar.

Doughnuts with Sour Milk (Rich).

Eggs 4. Baking powder 3 teaspoons.
 Sour milk 1½ cups. Soda 1 teaspoon.
 Sugar 2 cups. Salt ½ teaspoon.
 Nutmeg (grated) 1 teaspoon. Flour 4 to 5 cups.

Mix 3 cups of flour with dry ingredients. Whip the eggs and add sour milk. Add to dry ingredients and add sufficient flour to make a dough. Roll out 1 inch thick and fry in deep fat. Drain and dust with powdered sugar.

French Doughnuts.

Water 1 cup. Baking powder 2 teaspoons.
 Butter ½ cup. Flour 1 cup. Salt ½ teaspoon.
 Eggs 4.

Boil water and butter. Add flour, stir vigorously till dough does not adhere to pan. Cool. Add eggs, mixing in one at a time and beating after the addition of each egg. Add 2 level teaspoons baking powder and salt; add more flour so dough can be handled. Cut and fry a delicate brown. Ice with powdered sugar mixed with water and a little vanilla.

MRS. MARY SISTEH.

Potato Doughnuts.

Shortening 3 tablespoons. Milk ¼ cup.
 Sugar ¾ cup. Baking powder 3 teaspoons.
 Eggs 3. Flour 2½ cups.
 Potatoes (freshly boiled and mashed) 1 cup. Salt 1 teaspoon.
 Mace 1 teaspoon.
 Nutmeg ½ teaspoon.

Cream the shortening and add sugar gradually. Add well beaten eggs. Stir in potatoes in milk. Sift flour once before measuring. Sift salt, baking powder, mace and nutmeg together and add to first mixture. Roll out on well-floured board, cut and fry in deep fat at 375 degrees. Makes 2 dozen.

MISS HILDA BATTERMANN.

CANDY

Candy is a valuable food when used correctly. The proper place in the meal for sweets is after the normal appetite has been satisfied. This gives candy the important function of making a finishing touch for the luncheon or dinner. When candy is served with a meal its high food value should be taken into consideration.

Tables for the temperatures of candy will be found in the charts of cooking temperatures.

Those who wish substitutes for candies will find in the following pages recipes for fruit and malt confections which will meet their desires.

Butterscotch.

Granulated sugar 3 cups. Salt $\frac{1}{2}$ teaspoon.
Water $1\frac{1}{2}$ cups. Heavy sirup $\frac{1}{4}$ cup.

Add salt, water and sirup and stir until sugar is thoroughly dissolved, place over fire and boil briskly until it snaps in cold water. Lower the flame and add 2 tablespoons of butter and a teaspoon of vanilla and stir until melted. Let boil a minute, try once more to be sure it will be crisp and pour into buttered tin and when cold break into pieces.

MRS. E. M. WRATH.

California Cream Candy.

Granulated sugar 3 cups. Top milk 1 cup.
Orange marmalade $\frac{1}{2}$ cup. Almonds (shelled) $\frac{1}{2}$ cup.

Boil the sugar and cream to 238 degrees, or soft-ball stage. Take from fire and place pan in cold water until candy is only lukewarm, then beat till creamy. Add the blanched nuts and marmalade. Pour into buttered pan and mark in squares.

MRS. W. C. VINING.

Divinity.

Granulated sugar 4 cups. Vanilla extract 2 teaspoons.
Water 1 cup. Sirup (white is best) 1 cup.
Nut meats (chopped), 1 cup.
candied cherries Salt $\frac{1}{2}$ teaspoon.
and pineapple 1 Egg whites (well beaten) 2.

Cook sugar, sirup, water and salt slowly to a temperature of 240 degrees. Pour slowly into the beaten

egg whites, beating vigorously with a wire egg beater. When the mixture begins to thicken add vanilla, fruit, nuts and finish beating with a wooden spoon. When the candy is so thick that it does not run together very quickly, pour into pans lined with waxed paper. Do not try to smooth it out.

KATHERINE B. YOUNG.

Cooked Fondant, Dipped Grapes.

Sugar $2\frac{1}{2}$ pounds. Cream of tartar $\frac{1}{4}$ (5 cups). teaspoon.
Water (hot) $1\frac{1}{2}$ cups.

Combine the sugar, cream of tartar and water in a stewpan. Stir until dissolved and heat gradually to the boiling point. After a few minutes' boiling crystals of sugar will form around the kettle. These should be washed off with a cloth first dipped in cold water. Boil without stirring until it reaches the soft-ball stage, 238 degrees. Pour slowly on a slightly buttered marble slab or platter. Let cool but not long enough to become hard around the edge. Work with spatula or mixing spoon until white and creamy. When it becomes too stiff to beat knead with the hands until perfectly creamy and smooth. Put in bowl, covered with oiled paper, and let stand 24 hours to mellow before working into candies. Remove grapes from bunches very carefully, cutting with the scissors. Keep surface as dry as possible. Dip one by one in melted fondant, using a fork, and cool on oiled paper or marble slab. (Use white grapes.)

MRS. A. C. MCKINLEY.

Uncooked Fondant.

Brown sugar $\frac{1}{2}$ cup. Water $\frac{1}{4}$ cup.
Dates 1 package. Powdered sugar to
Cherries 1 bottle. make white stiff
Egg white 1. enough to press.
Nuts (ground) $\frac{3}{4}$ cup. Nut kernels (whole, favorite kind) 10.

Beat egg stiff, adding powdered sugar a little at a time. Remove date seeds and drain cherries. Pack filling in dates and stuff cherries with nuts. Boil sugar and water; when it is

thick stir whole kernels in carefully so they will not break. Remove after they have been in 5 minutes. Separate on waxed paper. Make packages, as 2 cherries and 1 date, 2 nuts, 2 dates and 1 cherry, and kernels, etc.

MRS. D. ERNST.

Fudge Cooked.

Granulated sugar 4 cups.	Butter 1 tablespoon.
Cream 1 cup.	Milk 1 cup.
Bitter chocolate ¼ pound.	Small pinch of salt.
	Vanilla 1 teaspoon.

Place sugar, milk, cream and salt on a slow fire, stirring very frequently. Wash down sides of kettle with small cloth dipped in warm water, until the candy starts to boil. When candy reaches thread stage add chocolate grated or cut in small pieces. When candy forms a soft ball when tried in cold water it is done. Pour on buttered platter, drop small bits of butter over top and set in cool place. When the heat has left the candy, but it is not cold, add vanilla and beat until candy thickens. Pour in tin. If nuts are wanted, add during the beating process.

MAY FLOWERS DUNLAP.

Uncooked Fudge.

Cream 3 spoons.	table-	Unsweetened chocolate ½ cake.
Butter 1 tablespoon.		English walnuts (ground fine) 6
Confectioner's sugar 1 pound.		tablespoons.
Vanilla 1 spoon.	table-	Egg white 1.

Break chocolate into small pieces and add the butter; melt over warm water. While this is melting beat the egg white and add the sifted sugar, also the cream. Mix well and add slowly the melted chocolate. Beat well together until evenly colored. Add the vanilla and beat well again. Smooth out on a buttered pan and sprinkle evenly over top with the nuts. Mark in squares. Place in ice-box six hours before serving.

MRS. LILLIAN KILMER.

Fruit Fudge, Uncooked.

Potato (good size) 1.	Pulverized sugar.
Coconut.	Dates and figs.
Flavorings.	Cocoa 2 tablespoons.

Cook and mash the potato, let it take up as much sugar as can be worked in. Put in coconut with some

dates, figs, flavorings desired and cocoa.

MRS. HERBERT TANTON.

Honeyed Prunes.

Prunes 1 pound.	Pecan meats, almonds
Honey (strained) 1½ to 2 cups.	or walnuts.

Soak the prunes overnight, then drain well. When prunes are soft, slip out the seeds and insert nuts. Heat honey and when it comes to the boiling point add as many prunes as the honey will cover. Cook a few minutes until the prunes are heated and glazed with honey. Drain on wax paper. After the first are dipped out, add the second group.

Malted Nougats.

Brazil nuts (cut) about 1 cup.	Candied cherries ½ cup.
	Malt caramels 6 or 8.

Melt caramels and add nuts, cherries or other candied fruit sufficient to make a thick sirup. Grease some heavy paper or use heavy waxed paper and line a shallow square pan. Press the warm mixture evenly over this and cut into oblong strips when cold. These should be cut before they stand overnight or for any length of time.

Marshmallows.

Water (cold) 6 ta-	Sugar 2 cups.
blespoons.	Vanilla 1 teaspoon.
Gelatin 2 table-	Egg white 1.
spoons.	Water (boiling) 8 ta-
Powdered sugar 1 pound.	blespoons.

Soak the gelatin in cold water. Dissolve sugar in the boiling water and boil until it threads. Beat white of egg very stiff. When sirup threads take from stove, add gelatin and stir well. Slowly pour this mixture into egg white and beat very fast. Keep on beating till stiff. Add vanilla and pour into pans dusted with powdered sugar. Cut in squares and roll in powdered sugar.

MRS. HULDA RIFFEL.

Marshmallow Puffs.

Corn sirup ½ cup.	Butter (melted) 1 ta-
Granulated sugar ½ cup.	blespoon.
Vinegar 1 table-	Puffed rice ½ pack-
spoon.	age.
	Marshmallows 15.

Place sirup, sugar, vinegar and

butter in saucepan and stir until sugar is dissolved. Boil without stirring until mixture forms a hard ball in cold water. While sirup is cooking place the puffed rice in oven to freshen. Then take one marshmallow at a time on a two-prong fork; dip quickly in sirup and roll in rice. Roll tightly in hands, gently but firmly, then place on buttered wax paper to cool.

MRS. HARRY A. ESTES.

Peanut Butter, Uncooked.

Peanut butter 4 heaping table-spoons.
Confectioner's sugar. Pinch of salt.
Cream 4 tablespoons.
Vanilla 1 teaspoon.

Work together peanut butter and cream, gradually adding sugar until quite dry. Add vanilla and salt and add more sugar until mixture can be handled between the hands. Form into long rolls, let cool, then with sharp knife cut into thin slices and roll these in confectioner's sugar.

MRS. HAZEN FOSTER.

Peanut Brittle.

Sugar $1\frac{1}{2}$ cups. Sirup $\frac{3}{4}$ cup.
Water $\frac{3}{8}$ cup. Butter 2 tablespoons.
Vanilla 2 teaspoons. Raw Spanish peanuts
Salt $\frac{1}{4}$ teaspoon. $\frac{3}{4}$ cup.
Water (cold) 1 tablespoon. Baking soda $\frac{3}{4}$ table-spoon.

Dissolve soda in cold water. Boil sugar, sirup and water to 275 degrees. Add butter and boil to 295 or 300 degrees. Add vanilla and just before removing from fire add soda dissolved in water. Pour into slightly buttered cooky tin. Do not stir sirup until it has reached 275 degrees, but stir after peanuts are added.

MRS. C. D. SNYDER.

Penoche.

Light brown sugar 2 cups. Butter 2 tablespoons.
Walnut or peanut Milk or cream $\frac{1}{2}$ cup.
meats (chopped) 1 cup. Salt $\frac{1}{2}$ teaspoon.
Vanilla 1 teaspoon.

Boil sugar and milk until a small amount tested in cold water will make a soft ball; add butter, salt and chopped nuts, cool; add vanilla and

beat until creamy; pour into oiled pan and when almost cold cut into oblongs.

MRS. A. L. HOASSMAN.

Pralines.

Powdered sugar $1\frac{1}{2}$ cups. Cream $\frac{1}{2}$ cup.
Pecan nut meats 2 cups. Corn sirup 1 cup.
(cut in pieces) 2 Vanilla and almond
flavoring 1 teaspoon.

Boil sugar, sirup and cream until soft-ball stage is reached, when candy is dropped in cold water. Remove from fire and beat until creamy. Add nuts and drop from spoon on buttered paper.

MRS. MARY NOVAK.

Taffy.

Medium brown sugar 4 cups. Vanilla 1 teaspoon.
Corn sirup 1 table-spoon. Water 1 cup.
Cream $\frac{1}{2}$ cup.

Stir ingredients except cream and vanilla in large saucepan and cook rapidly until bubbles seem thick. Add cream slowly and continue cooking until the sirup dropped in water is quite hard and brittle. Do not stir. When sirup is quite hard, add vanilla and without stirring pour into shallow pan and let cool. When cool enough to handle, pull until light in color. When too hard to pull any more, lay on table and cut into strips or pieces.

MRS. ALLEN D. ALBERT.

Toffee.

Sugar 2 cups. Pinch of cinnamon.
Water 1 tablespoon. Almonds (cut in small
Vanilla $\frac{1}{2}$ teaspoon. pieces) $\frac{1}{2}$ pound.
Butter 1 pound.

Melt butter in a copper kettle, add sugar, stirring briskly with a wooden spoon. Add water, cinnamon and almonds, stirring constantly. Mixture will thicken and fall away from sides of kettle when nearly cooked. Cook until it turns a toffee tan. Pour without stirring on a buttered marble slab or porcelain table and sprinkle the top of the toffee with a few ground nuts. Break into squares when crisp.

MRS. A. P. ZIMMERMANN.

CEREALS

Crushed Whole-Wheat Cereal.

Wheat (crushed) $\frac{3}{4}$ cup. Salt $\frac{1}{2}$ teaspoon.
Water (boiling) 2 cups.

For wheat use whole-grain wheat, washed, dried and then ground in grinder to size of minute tapioca. Put water and salt in upper part of double boiler and heat to boiling. Add wheat slowly, stirring constantly. Place over boiling water in lower part of double boiler and let cook 1 or 2 hours. Serve with sugar and cream.

MRS. RICHARD S. FISCHER.

Macaroni Timbales.

Macaroni 1 package. Peas 1 can.
American cheese Butter 3 tablespoons.
(grated) 1 cup. Eggs 2.
Ham (boiled) $\frac{1}{4}$ pound. Mustard (prepared) $\frac{1}{4}$ pound.

Boil macaroni in boiling water until tender, drain and dash in cold water, chop medium fine, add melted butter, cheese and eggs, slightly beaten. Butter molds and fill $\frac{1}{2}$ full of macaroni mixture. Press well into molds. Chop the ham fine and mix with mustard. Place layer on macaroni in molds and add another layer of the macaroni mixture. Bake in moderate oven. Turn out of molds and pour over the peas, which have been heated and seasoned.

MRS. ELSIE HANSEN.

Noodles (Like Spaghetti).

Noodles (medium) 1 package. Tomatoes 1 pint.
Green pepper $\frac{1}{4}$. Bacon (diced) 4 slices.
American cheese Onion (small) 1, or 1
(strong) $\frac{1}{4}$ pound. clove garlic.

Cook the noodles in boiling salted water for 15 to 20 minutes. When done drain and run cold water over them and drain again. Add the remaining ingredients, stir well and cook about 15 minutes, or bake in buttered baking dish in 350-degree oven 15 to 20 minutes.

D. R. ROBERTSON.

Rice with Sugar.

Rice 1 cup. Sugar $\frac{1}{2}$ cup.
Milk $\frac{1}{2}$ cup. Water (cold) $2\frac{1}{2}$ cups.

Wash and start rice cooking in 3 cups cold water, adding more water

as it disappears. After cooking one hour allow all water to cook away. Season the dry rice with sugar, milk, butter and salt and cook a few minutes longer. Pour into vegetable dish with a small square of butter in the center. MRS. BEATRICE K. MALONE.

Chop Suey Loaf, Rice.

Rice (cooked) $1\frac{1}{2}$ cups. Mushrooms (chopped) 1 cup.
Tomatoes (thick) 1 Celery (chopped) $\frac{1}{2}$ cup.
Bread crumbs 1 cup. Salt 1 teaspoon.
Walnut meats Butter 3 tablespoons.
(chopped) 1 cup. Eggs (well beaten) 3.

Bake in moderate oven 40 minutes in loaf tin well buttered. For sauce take about 3 cups beef stock and season with chop suey Chinese sauce and thicken with cornstarch like thin gravy. Serve in slices with gravy.

MRS. GEORGE S. JOHNSON.

Mock Chop Suey, Rice.

Rice $\frac{1}{2}$ cup. Onion 3 cups.
Celery 2 cups. Water 2 cups.
Chop suey sauce 4 Bead molasses 2 table-
spoons.
Sugar 1 tablespoon. Cornstarch $1\frac{1}{2}$ table-
Salt to taste. spoons.

Cook rice in small amount of cold water (unsalted) in double boiler till fluffy and done. Put diced celery and thinly sliced onions in a hot, well-greased skillet; salt and fry over hot flame, stirring till two-thirds done (about 10 minutes). Add the water, sugar, chop suey sauce, bead molasses and continue cooking over a medium flame for 5 minutes, then add cornstarch dissolved in a little cold water, and stir, cooking 2 minutes. Fold the rice in with a fork and serve. Season with chop suey sauce at the table.

MISS MAXINE McKEEBE.

Rice with Creamed Chicken and Sweetbreads.

Rice 1 cup. Salt 2 teaspoons.
Water (boiling) 1 quart. Butter 3 tablespoons.

Pick over and wash rice well. Place in double boiler with boiling water, steam 45 minutes or until tender and dry. Melt butter, add salt, mix carefully with rice. Butter ring

mold, turn in rice; place in moderate oven 20 minutes over pan half filled with boiling water. When ready to serve, loosen edges, turn carefully into large hot platter, surrounded with creamed chicken; put mushrooms and sweetbreads in center.

MRS. M. MUNGEN.

Savory Wild Rice.

Wild rice $1\frac{1}{4}$ cups. Salt 1 teaspoon.
Parsley (minced) 3 Onions (minced) 2
tablespoons. tablespoons.
Butter 4 tablespoons.

Wash the rice thoroughly, then soak it in cold water for three hours. When ready to cook place it in a large kettle, cover with plenty of cold water, add salt and boil steadily for 20 to 25 minutes. When tender drain thoroughly and slightly dry in a slow oven. Mince the parsley and onion fine and season with salt and pepper. Melt the butter without browning and add parsley and onion. Have double boiler hot and put a little of the rice in. Add some of the seasoned butter and stir gently with a fork. Repeat this process until all the rice is mixed with flavored butter. Leave in double boiler a short time to marinate.

MISS T. THORSMARK.

Seasoned Rice.

Rice 2 cups. Shortening (hot) 4
Salt 1 teaspoon. tablespoons.

Wash the rice thoroughly and drain. Put in hot skillet with shortening (not butter). Stir constantly till rice is brown. Add enough water to more than cover, add the salt and let boil slowly without stirring until done.

MRS. H. G. RIPLEY.

Baked Spaghetti.

Spaghetti 1 package. Salt $\frac{1}{2}$ teaspoon.
Vegetable soup. Bacon rind.

Break the spaghetti into small pieces, put in boiling water, add the salt and boil 10 minutes. Drain and blanch with cold water. Put it in baking dish, pour a can of vegetable soup over it, mix thoroughly, put a piece of bacon rind on top. Bake at least 30 minutes.

MRS. LILLIAN McD. PAVEY.

Spaghetti.

Red pepper. Salt to taste.
Onion (large, sliced) 1. Spaghetti 2 packages.
thin) 1. American cheese
Tomato soup 2 cans. (sharp) $\frac{1}{4}$ pound.

Let the salt and pepper come to a boil in $1\frac{1}{2}$ quarts of water, add the onion, then the spaghetti broken four times. When tender drain, add the tomato soup which has been heated, and the cheese, sliced thin.

MRS. A. ENGGREN.

Oatmeal Gruel (Quick).

Oatmeal 1 cup. Salt $1\frac{1}{2}$ teaspoons.
Water $2\frac{1}{2}$ cups.

Add oatmeal to boiling salted water. Cook over the open flame for 5 minutes. Cook in double boiler for 30 to 45 minutes.

Tomato Sauce with Natural Rice.

Green pepper Tomatoes 1 No. 2 can.
(chopped) 4 ta- Rice 1 cup.
blespoons. Onion (chopped) 2
Oil 3 tablespoons. tablespoons.
Salt 1 teaspoon.

Wash the rice and cook slowly in the fat for twenty minutes without browning. Add the onion and green pepper and continue cooking until they are clear. Add the tomato and salt and cook until the rice is tender and the liquid is reduced to give a medium sauce.

Whole-Wheat Cereal with Dates.

Cereal (whole wheat) Water (boiling) $2\frac{1}{2}$
1 cup. cups.
Water (cold) 1 cup. Dates (stoned and
Salt 1 teaspoon. chopped) $\frac{1}{2}$ pound.

Mix the cereal with the cold water. Add to boiling water and cook over the open flame for five minutes. Add the salt and cook in double boiler for forty minutes. Add chopped dates and pour into molds. Serve with cream and sugar.

Cornmeal Mush.

Cornmeal 1 cup. Water (boiling) 2
Salt $1\frac{1}{2}$ teaspoons. cups.
Water (cold) 1 cup.

Mix the cornmeal, salt and cold water. Add slowly to boiling water, stirring until it is well mixed. Cook over the open flame for five minutes. Cook in double boiler for three hours. Pour into a dampened mold if it is to be used for frying.

CHEESE

Cheese Biscuit.

Flour (sifted) 1 cup. Baking powder 2½
Salt ½ teaspoon. teaspoons.
Cheese (grated) ½ Butter 1 tablespoon.
cup. Pecans (ground) ¼
Milk ½ cup. cup.

Sift flour once, add baking powder and salt and sift together twice. Cut shortening and cheese in with knife. Add nut meats. Add milk to make soft dough. Roll out on a floured board and cut with small biscuit cutter. Bake in hot oven 15 minutes.

MRS. A. B. HAZARD.

Cheese Biscuit.

Bread flour (sifted) 2 cups. Butter (melted) 2
Salt 1 teaspoon. Cheese (grated) ½
Egg yolk 1. cup.
Baking powder 4 Juice of large orange.
teaspoons. Sweet milk ¾ cup.

Sift together all dry ingredients and cheese. Add melted shortening to milk, add liquid to dry ingredients, cut in with spatula making soft dough. Roll out to 1½ inch thickness and cut with biscuit cutter. Drop ½ cube loaf sugar in orange juice and place on top of each biscuit. Bake at 400 degrees for 15 minutes.

MRS. C. KNUDSON.

Biscuit Cooked in Cheese Sauce.

Flour ½ cup. Baking powder 2 tea-
Salt ½ teaspoon. spoons.
Tomatoes (canned, Shortening 2 table-
seasoned) 1 cup. spoons.
Cooking oil or melt- American cheese (thin
ed butter. slices).
Milk.

Sift the flour with baking powder and salt. Cut in shortening and add milk to make a dough soft enough to spread. Spread about ½ inch thick in shallow greased pan. Over this spread tomatoes seasoned with salt and pepper to taste. Lay over all thin slices of American cheese. Sprinkle well with melted butter or cooking oil and bake in medium oven, 300 degrees, until biscuit is baked through and cheese is browned slightly.

MRS. L. S. WEYMOUTH.

Biscuits Cooked in Cheese Sauce.

Pimento cheese 1 Butter 1 tablespoon.
small cake. Cream 4 tablespoons.
Baking powder bis- Pinch of salt and
cuit. paprika.

Put cheese in double boiler with cream, butter and seasonings. Cook until dissolved. Cut biscuit dough into small biscuits and place in baking dish and pour the cheese mixture over them. Bake until biscuits are done and brown.

MISS E. TOOLE.

Blushing Bunny.

Butter 2 tablespoons. Tomato soup ½ can.
Milk or thin cream Cheese (grated or
1 cup. thinly sliced) ½
Macaroni 1 cup. pound.
Eggs (slightly beat- Salt, cayenne pepper,
en) 2. mustard.
Flour 2 tablespoons.

Melt butter in chafing dish, add flour, then gradually the milk or cream. When it has thickened add the tomato and macaroni (macaroni should be cooked in salted water). Add cheese and eggs. Season.

MRS. L. SBERTOH.

Cheese and Bread Pudding.

Milk 1 cup. Eggs (well beaten) 4.
Bread crumbs 2 American cheese
cups. (grated) ½ pound.
Butter 2 table- Walnuts (chopped
spoons. fine) ½ cup.

Put milk in a saucepan with the butter and let it remain until butter is melted, then pour it over the bread crumbs and grated cheese. Let these soak 25 minutes. Add salt to taste, then eggs well beaten. Add chopped walnuts and pour the mixture into a well-buttered dish and bake in a quick oven, 400 degrees, until brown on top, about 40 minutes.

MRS. SUZANNE DE GOUY.

Bread and Cheese Souffle.

Bread 4 slices. Eggs 2.
Tomato juice 1 cup. Milk 1 cup.
Cheese (grated) 1 Pimentos ½ can.
pound.

Butter bread, put 2 slices on the bottom of greased baking dish. Grate cheese over bread, pour over the tomato juice with a little pulp, cut pimentos into strips and spread over it. Put remaining slices of bread on top, butter side up. Beat eggs in 1 cup milk and pour all over and bake 25 to 30 minutes in hot oven, 400 degrees.

MARGUERITE BRUERE.

Cheese Cake.

Cottage cheese 1½ cups. Eggs (well beaten separately) 3.
 Cream (heavy) 2 tablespoons. Butter (melted) 2 tablespoons.
 Sugar ½ cup. Lemon (grated rind and juice) 1.
 Pastry lining for pie tin. Powdered sugar.

Press cheese through colander, add eggs separately, then cream, butter, sugar and lemon. Beat smooth and pour into a deep pastry-lined pie tin and bake in a quick oven 25 minutes. When baked sprinkle top with powdered sugar. MAE ALDEN.

Cheese Cake Filling.

Cottage cheese 1 pound. Sugar 1 cup.
 Sweet cream (in which 2 tablespoons cornstarch are dissolved) ½. Juice of ½ lemon.
 Salt ½ teaspoon.
 Sour cream ½ pint.
 Eggs 2.
 Vanilla 1 teaspoon.
 cup.

Cream cottage cheese, add sugar, cream thoroughly, add eggs, salt, vanilla and lemon. Then stir in sweet and sour cream. Pour into crust, sprinkle top with cinnamon and bake in moderate oven 45 to 50 minutes. For crust:

Butter 2½ ounces. Egg 1.
 Baking powder 1 teaspoon. Sugar 3 ounces.
 Flour 4½ ounces.

Cream butter and sugar, add eggs; then gradually add flour and baking powder which have been sifted twice. Line a square tin.

MRS. AMELIA BUCEK

Carrots and Cheese "a la Mignonne."

Carrots (large) 2. Old English cheese ½
 Pecans (chopped) ½ pound.
 cup. Cream to moisten.

Scrape and boil carrots until done. Let cool. Cut in half lengthwise and scrape out insides. Mix cheese and pecans with insides of carrots. Add enough cream to moisten well. Fill carrots with this mixture. Place in large pan and cook in medium oven for ½ hour.

MIGNONNE MEEKER POWDER.

Cauliflower with Cheese.

Cauliflower 1 head. Salt 1 teaspoon.
 Butter 3 tablespoons. Flour 3 tablespoons.
 Milk 1 cup. Cheese (grated) 1 cup.

Remove leaves from head of cauliflower and place head down in salt water to soak for 15 minutes. Remove to second pan with stalks down. Add boiling water to cover and ½ teaspoon salt. Cook 15 or 20 minutes,

until tender but not broken. Drain off water. When cauliflower is almost tender melt butter, add flour; when smooth add milk. Stir constantly over slow fire until sauce begins to thicken. Add ½ teaspoon salt and ½ cup grated cheese. Continue cooking and stirring until thick or consistency of custard. Pour over cauliflower and sprinkle top with ½ cup cheese.

MISS MABEL D. GREBE.

Cottage Cheese.

Milk (very sour) 1 pint. Sweet milk 2 quarts.
 Egg yolks 1 or 2.
 Salt 1 teaspoon.

Let sweet milk come to a boil. Beat the egg with sour milk and pour into boiling milk. Turn out fire and let stand 5 minutes. When it coagulates pour into cheesecloth placed over colander and sprinkle with salt. Tie and hang up to dry overnight.

OLGA HJERPE.

Cheese Croquettes.

Cheese (grated) ½ cup. Butter 3 tablespoons.
 Paprika ¼ teaspoon. Pimento ¼ cup.
 American cheese (cut in small cubes) 1 cup. Bread crumbs.
 Flour ½ cup.
 Milk ¾ cup.
 Salt ¼ teaspoon.
 Egg yolks (beaten light) 2. Egg (with 4 table-
 spoons milk) 1.

Melt the butter and blend flour; add milk and stir until boiling. Add egg and let cook without boiling until the egg is set. Stir in grated cheese and seasonings, then fold in the cubes of cheese and spread on a buttered plate. When cold shape egg and bread crumbs and fry.

MRS. ROGER KIRK.

Cheese Croquettes.

Cottage cheese 2 cups. Egg white 1.
 Milk ½ cup. Bread crumbs, mashed
 Egg 1. potatoes or boiled
 Celery, green pepper rice 1 cup.
 or parsley ½ cup. Pepper ¼ teaspoon.
 Onion (chopped) 1 cup. Dry bread crumbs for
 tablespoon. rolling.
 Salt 1 teaspoon.

Mix ingredients, form balls, roll in bread crumbs, white of egg and again in bread crumbs. Fry in deep fat or bacon golden brown, serve on lettuce leaves with French dressing.

MRS. FRED A. ILLSLEY.

Corn and Cheese Souffle.

Butter 1 tablespoon. Milk 2 cups.
 Flour 4 tablespoons. Cheese (grated) 1 cup.
 Green peppers Salt ½ teaspoon.
 (chopped) 1 ta-
 blespoon. Eggs (beaten) 3.

Heat milk, thicken with flour rubbed smooth with a little milk. When thick add cheese to white sauce. Add corn, beaten egg yolks, salt, pepper; cut and fold in stiffly beaten whites of eggs, put in buttered dish and bake in moderate oven 30 minutes.

MRS. GEORGE MOORE.

Cheese Custard.

Cottage cheese 1 Cream (whipped very
pound. stiff) 1 bottle.
Granulated sugar 1 Pinch of salt.
cup. Lemon rind (grated) 1.
Eggs (beaten sepa- Flour 2 scant table-
rately) 4. spoons.

Grate lemon rind into cheese which has been rubbed through a fine sieve. Mix in sugar, flour and salt all sifted together, add egg yolks, stir well, add whipped cream and stiffly beaten egg whites. Butter dish before baking. Bake in hot oven 10 minutes, turn gas low and bake 50 minutes in very slow oven.

MRS. A. C. WILMANN.

Cheese Daisies.

Almonds. Cottage cheese.
Lettuce (crisp).

Blanch and toss almonds in butter or oil until a light brown. Form cottage cheese into patties, arrange the halved almonds on the patties like 5 daisy petals with a small raisin in center of each patty. Place on bed of crisp lettuce, or serve an individual "daisy" on lettuce leaf.

MISS MATTIE DANIELSON.

Dates Stuffed with Cheese.

Dates 1 box. Nuts (chopped).
Cream cheese 1 pkg. Cream.

Mix the cheese with cream until it is of thick, creamy consistency and add $\frac{1}{2}$ cup of chopped nuts. Pit the dates by slicing halfway down one side and removing the stone. Then stuff them with the cheese mixture. Serve as salad on lettuce.

LUCILE ADELMAN.

Deviled Cheese.

Mustard (dry), salt Parmesan cheese 2
and paprika 1 salt- ounces.
spoon each. Curry powder 1 tea-
Sweet cucumber spoon.
pickle (finely Butter (softened) 1
chopped) 1. tablespoon.

Grate cheese and add seasonings and pickle, mix with butter. Spread on slices of buttered bread. Place on buttered tin and bake 5 minutes in oven 350 degrees.

MRS. B. A. BACKUS.

Cheese Dumplings.

Cracker meal 5- Cottage cheese 1 cup.
cent box. Eggs 2.

Mix all and roll in balls. Drop in boiling water and cover. Cook 10 to 12 minutes.

MRS. S. N. BLOCK.

Cheese Dumplings.

Potatoes (grated) 2 Salt $1\frac{1}{2}$ teaspoons.
cups. Bacon 3 strips.
Water (boiling) 2 Flour (sifted) $2\frac{1}{2}$ cups.
quarts. Onion 1 tablespoon.
Butter 2 tablespoons. Cheese (grated) $\frac{1}{2}$ cup.
Egg 1.

Add salt, egg and flour to grated raw potato and mix well. Salt the boiling water and drop a small ball of mixture into water and boil for 10 minutes. When cooked strain. Fry bacon, add onion and fry brown, add butter and put in half of the dumplings and half of the cheese. Add second half and cover with cheese. Mix well with bacon and dot with second tablespoon of butter. Cover tight and let steam for 5 minutes. Serve hot.

MRS. JOSEPH E. KOZLOWSKI.

Egg and Cheese Sandwich Filling.

Flour 1 tablespoon. Cream cheese 1 pkg.
Vinegar 2 table- Pimentos 3
spoons. Onion (grated) 1 tea-
Sugar 1 tablespoon. spoon.
Milk $\frac{1}{2}$ cup. Eggs (hard cooked) 2
Egg 1. Salt $\frac{1}{2}$ teaspoon.

Cook together in double boiler flour, sugar, vinegar, salt, milk and beaten egg until thick. Remove from fire and when cool add onion, cheese and finely chopped egg and pimento. Spread between slices of bread.

GERTRUDE STEPHAN.

English Monkey.

American cheese $\frac{1}{2}$ Eggs 2.
pound. Bread crumbs 1 cup.
Sweet milk 1 cup. Butter 1 tablespoon.

Put butter into skillet, add and brown bread crumbs and diced cheese and heat until thoroughly hot, then add milk and stir, let come to a boil until it thickens. Break eggs into it, stir and remove from fire. Add salt to taste and serve on salted crackers.

MRS. D. MORGAN.

Escalloped Cheese.

White bread (stale) Milk $\frac{3}{4}$ cup.
3 slices. Pinch of salt.
Eggs 2.

Beat eggs, add milk and salt. Soak bread in mixture.

Milk 1 cup. Eggs (hard cooked) 4.
Dash of pepper. Flour 1 tablespoon.
Salt $\frac{1}{4}$ teaspoon. Butter (melted) 1 ta-
Cheese (sliced or blespoon.
grated) $\frac{1}{2}$ cup.

Melt butter, add flour and mix well. Add milk and salt. Boil until it begins to thicken. Add cheese and a little pepper. Stir constantly until the cheese melts. Take from fire. Cut up eggs and add eggs to mixture. Put layer of soaked bread in buttered baking dish, then cheese mixture. Alternate in dish. Bake in slow oven 20 to 25 minutes.

HELEN I. WARREN.

Escaloped Cheese.

Bread (stale). Cheese (mild, cut up)
Cream (thin) 1 cup. $\frac{1}{2}$ pound.
Salt 1 teaspoon. Mustard (dry) $\frac{1}{2}$ tea-
Paprika $\frac{1}{4}$ teaspoon. spoon.
Eggs 2. Few grains cayenne.
Butter 1 tablespoon.

Cut bread in $\frac{1}{2}$ -inch slices. Spread with butter, remove crusts and cut in finger-shaped pieces. Arrange around sides of buttered baking dish, having bread extend one inch above dish. Beat eggs slightly and add remaining ingredients. Pour mixture in dish and bake in moderate oven about 30 minutes or until firm.

MRS. A. NOVY.

Escaloped Cheese with Meat.

American cheese 1 Ham (ground) 1
pound. pound.
Eggs (beaten) 2. Milk 1 pint.
Bread (sliced, but- Salt and pepper to
tered). taste.

Lay thin slices of buttered bread in well-greased baking dish, size 11 by 5. Cover bread with ground boiled ham and broken pieces or slices of cheese. Season with salt and pepper. Fill the dish with alternate layers. Beat eggs and add the milk and pour over all and bake in an oven 30 to 45 minutes at 350 degrees.

MRS. W. A. MILLYARD.

Cheese Fondue.

Milk (scalded) 1 Bread crumbs (soft,
cup. stale) 1 cup.
Cheese (cut in small Butter 1 tablespoon.
pieces) $\frac{1}{4}$ pound. Pimento (canned,
Salt $\frac{1}{2}$ teaspoon. chopped) 1.
Egg yolks (beaten Egg whites (beaten
well) 3. well) 3.

Pour the milk over the bread crumbs. Scald milk, add cheese and egg yolks, butter, pimento. Add whipped egg whites. Bake $\frac{1}{2}$ hour in moderate oven.

MRS. EMMA A. HUDSON.

Cheese Fondue.

Eggs 3. Milk (scalded) 1 cup.
Cheese (grated) $\frac{1}{4}$ Bread crumbs 1 cup.
pound. Butter 2 tablespoons.
Green pepper Mustard $\frac{1}{4}$ teaspoon.
(chopped) 1 table- Salt $\frac{1}{2}$ teaspoon.
spoon.

Pour milk over crumbs, add cheese, butter, pepper, mustard, salt, yolks of eggs. Fold in stiffly beaten whites to which has been added $\frac{1}{2}$ teaspoon baking powder as eggs become frothy. Bake 20 minutes in buttered mold in 300-degree oven.

Cheese Fondue.

Cheese (two kinds) Eggs 4.
 $\frac{1}{4}$ pound each. Inside of small French
Butter $\frac{1}{4}$ pound. roll.
Cream.

Scrape cheese. Beat with yolks of eggs and butter and inside of French roll which has been boiled in cream until soft. Mix paste with whites of eggs previously beaten stiff and put in small paper pans and bake in Dutch oven until brown. Serve hot.

KATHRYN OOLLVER,

Cheese Loaf.

Cottage cheese 1 Green peppers (cut
quart. fine) 2.
Pimentos (cut fine) 2. Almonds (blanched) $\frac{1}{2}$
Gelatin $\frac{1}{2}$ box. pound.
Cream 1 cup. Water (hot) $\frac{1}{3}$ cup.

Dissolve gelatin in cold water and add hot. After it is thoroughly dissolved pour cream in gelatin and mix well with other ingredients. Salt to taste, pour into wet mold and let set until firm.

MRS. ROBERT C. TERRELL.

Molded Cheese Loaf.

Gelatin $\frac{1}{2}$ table- Water (cold) $\frac{1}{4}$ cup.
spoons. Celery (finely diced)
Stuffed olives $\frac{1}{2}$ cup.
(chopped) $\frac{1}{2}$ cup. Cabbage (grated) 1
Carrots (raw, grated) cup.
 $\frac{1}{2}$ cup. Tomato (finely
Nuts (broken) $\frac{1}{2}$ cup. chopped and
Cream cheese 1 pkg. drained) 1.
Cream $\frac{1}{2}$ cup. Salt 1 teaspoon.
Pepper $\frac{1}{4}$ teaspoon. Paprika $\frac{1}{2}$ teaspoon.

Soak gelatin in cold water 5 minutes. Then set the dish containing gelatin in boiling water and stir until dissolved. Mix finely cut vegetables, nut meats and tomato lightly together, add salt, paprika and pepper to cheese and cream and beat until smooth. When the gelatin is cool fold together the gelatin, vegetables and cheese mixture and turn into mold. Set in icebox until firm. Turn on bed of shredded raw spinach, garnish with radish roses.

MRS. H. P. BROUGHTON,

Cheese Loaf.

Carrots (cooked) 1 cup.
 Bread crumbs 1 cup.
 Eggs 2.
 Parsley (chopped) 1 tablespoon.
 Peanuts (ground) 1 cup.
 Cayenne pepper and paprika 1 teaspoon.
 Cottage cheese (creamed) 1 cup.
 Fat drippings 2 tablespoons.
 A little onion juice.
 Salt $\frac{1}{2}$ to 1 teaspoon.

Put cheese through sieve. Beat eggs lightly and combine. Pack the mixture well in a loaf pan. Bake in a moderate oven until well set. Turn on platter and garnish with lettuce. Serve with tomato sauce and sprinkle chopped green pepper over the top.

MRS. A. C. M'KINLEY.

Macaroni Loaf with Cheese.

Roman cheese (grated) 1 tablespoon.
 Milk $\frac{3}{4}$ cup.
 Onion (medium sized) 1.
 Salt and pepper to taste.
 Eggs 3.
 American cheese (sharp, grated) 1 cup.
 Macaroni $\frac{1}{2}$ pound.
 Sweet peppers (large, seeds removed) 2.
 Celery 1 section.

Cut vegetables fine and saute in large spoonful of butter. Boil macaroni in slightly salted water until tender; drain well and stir in milk. Add the vegetables with fat in which they were cooked and then eggs which have been beaten together until light, and last sprinkle in Roman cheese and mix all lightly. Fry large spoonful of mixture in hot fat, about 3 large cakes at a time in skillet. Brown well on both sides, remove to hot platter and toss over the cakes the freshly grated American cheese.

MRS. CELIA BECKMAN.

Macaroni and Cheese Loaf.

Macaroni (cooked) 1 cup.
 Tomato (chopped and strained) 1 large piece.
 American cheese (strong) $\frac{1}{4}$ pound.
 Eggs (well beaten) 3.
 Mushrooms 1 pound.
 Water $\frac{1}{2}$ cup.
 Bread crumbs (soft) $1\frac{3}{4}$ cups.
 Onion (small, chopped) 1.
 Parsley (chopped) 1 tablespoon.
 Butter (melted) 5 tablespoons.
 Milk (scalded) $1\frac{1}{2}$ cups.
 Butter 3 tablespoons.

Place milk on stove to scald. In bowl mix macaroni, bread crumbs, tomato, parsley, onion and cheese. Cut in thin small pieces, add melted butter, then eggs; mix well. Add salt and pepper to taste, add milk and pour into buttered loaf pan, bake in slow oven, 300 degrees, until firm, 50 to 60 minutes. Wash and stem mushrooms, cut large ones. Cook over slow flame with butter and $\frac{1}{4}$ cup

water. When tender sprinkle with a little flour and stir well, add rest of water.

JOSEPHINE TRIENENS.

Cheese and Macaroni Loaf,**Tomato Sauce.**

Macaroni (broken) $\frac{1}{2}$ cup.
 Bread crumbs (soft) 1 cup.
 Onion (diced) 1 tablespoon.
 Cheese (cut fine) $\frac{3}{4}$ cup.
 Eggs 3.
 Milk 1 cup.
 Butter 1 tablespoon.
 Sweet peppers (chopped) 1 tablespoon.
 Salt 1 teaspoon.
 Pepper $\frac{1}{8}$ teaspoon.

Cook macaroni until tender in boiling salted water and rinse in cold water. Brown the onion in the butter. Beat the eggs. Scald the milk; to it add the bread crumbs, the seasoning and the remaining ingredients. Turn into buttered baking dish, set in pan of hot water and bake 30 to 45 minutes.

Tomato (strained) 1 cup.
 Salt $\frac{1}{2}$ teaspoon.

Onion 1 slice.
 Flour 2 tablespoons.
 Butter 1 tablespoon.

Melt the butter, add the flour and salt and blend. Add tomato and onion. Cook 5 minutes, stirring constantly.

MISS LOLITA GAIL.

Macaroni with Cheese Sauce and Meat

Bacon 4 slices.
 Tomatoes (stewed) $\frac{1}{2}$ can.
 Onion 1.
 Butter 1 tablespoon.
 Any left-over gravy.
 Macaroni (cooked and blanched) 1 pint.
 Meat (cold, left-over) 1 cup.
 Sweet green pepper 1.

Cut bacon in small pieces into frying pan with minced onion and brown. Add green pepper diced, stir all together, add tomatoes. Butter a baking dish and make layers as follows: Macaroni, sprinkle with a little Italian grated cheese, second tomato mixture, cold meat, more macaroni, etc. Finish with macaroni and cheese on top. Dot with butter. If dry, add milk.

MRS. E. CAPOUCH.

Macaroni and Cheese Sauce.

Macaroni 1 package.
 Crumbs $\frac{3}{4}$ cup.
 White sauce 3 cups.
 Cheese $\frac{1}{2}$ pound.
 Butter 1 tablespoon.

Cook macaroni in boiling salted water until tender. Drain and pour cold water on it. Make a white sauce of 3 cups of milk, 6 level tablespoons of flour, salt and pepper to taste and add to macaroni and cheese which has been grated. Pour in baking dish and cover with buttered crumbs.

MRS. H. O. FELDMANN.

Baked Cheese and Macaroni.

Macaroni (broken) Water (boiling) 2
 2½ cups. quarts.
 Salt 1 tablespoon. Cheese (grated) ½ cup.
 Butter 2 tablespoons. Bread crumbs (but-
 Milk (scalded) 1½ tered) ¼ cup.
 cups. Flour 2 tablespoons.

Cook macaroni in boiling water for 20 minutes. Drain and blanch with cold water. Make white sauce of butter, flour and milk. Add ½ tea-spoon salt and a little pepper to sauce. Arrange in buttered casserole layer of cooked macaroni in bottom, sprinkle with grated cheese, repeat until cheese and macaroni are used. Pour over this the white sauce, cover top with buttered bread crumbs and bake 20 minutes in hot oven.

MARY HANSON.

Macaroni, Cheese, in Sauce.

American cheese Tomato soup 1 small
 (cut) 1 cup. can.
 Milk 1 pint.

Add cheese and milk to hot, strained, cooked macaroni. Keep hot for 10 minutes, stirring frequently. When cheese is thoroughly melted make a ring of macaroni on a flat dish. Boil the tomato soup 3 minutes. Pour over center of macaroni ring. Put all in oven until slightly brown.

MRS. MARTIN HEDEMAN.

Macaroni, Cheese and Meat.

Spaghetti 1 pound. Butter 1 tablespoon.
 Tomatoes (canned) 2 American cheese
 cups. (grated) 1 cup.
 Hamburger steak ½ Onion (small, sliced)
 pound. 1.

Boil the spaghetti until tender and drain. Brown the hamburger, add tomatoes and onions and let simmer 20 minutes. Then add butter and cheese and let simmer 15 minutes. Lastly, add cooked spaghetti and serve. Mushrooms may be added with cheese.

MRS. J. JOHNSON.

Macaroni with Cheese Sauce.

Butter 1 tablespoon. Milk ¾ cup.
 Cheese (nipped up) Macaroni (1-inch
 1 cup. pieces) 1 cup.

Boil macaroni in salted water until soft. Stir cheese, butter and milk over low fire, but do not boil until thick. Have macaroni on toast on hot platter. Pour over this the cream cheese.

MRS. JESSIE M. BARTLETT.

Escalloped Macaroni with Cheese.

Macaroni (elbow) 1 Butter 3 tablespoons.
 cup. Cheese (grated) 1 cup.
 Water (boiling) 2 Cracker crumbs 1 cup.
 quarts. Milk 3 cups.
 Salt 1 teaspoon. Flour 2 tablespoons.

Boil macaroni in boiling salted water 20 minutes. Drain in colander. Pour over it cold water and drain thoroughly. Prepare a thin white sauce by melting 2 tablespoons of butter, adding flour and pouring milk slowly in this and cooking to the consistency of cream. Add salt and pepper to taste. Put the cup of cheese in the hot sauce; butter glass baking dish and place in it alternate layers of macaroni and white cheese sauce until all is used up. Melt 1 tablespoon butter, stir in cracker crumbs and spread on top of last layer. Cover and bake in 350-degree oven for 30 minutes covered. Remove cover and if not sufficiently brown at end of time place in broiling oven and brown.

MRS. M. W. HUGHES.

Meat and Cheese Sauce.

Chipped beef 2 cups. Butter (melted) 1
 Flour 1 tablespoon. tablespoon.
 Cream cheese 1 cake. Milk ¾ cup.

Pick beef into small pieces, cover with warm water and let simmer 15 minutes. Mix flour with melted butter and cook 1 minute. Add milk and cook until thickened, stirring constantly. Add cheese, broken into small pieces and stir until dissolved. Drain beef and add to the sauce. Do not allow to boil after cheese is added. Serve on toast.

MRS. ANNA KECK.

Cheese Muffins.

Bran 1 cup. Cheese (grated) ¼ cup.
 Eggs 2. Shortening 2 table-
 Milk 1½ cups. spoons.
 Salt ¼ teaspoon. Baking powder 2 tea-
 White flour 1 cup. spoons.

Mix all dry ingredients, then add milk and beaten eggs and mix well. Place in greased muffin tins and bake in moderate oven 25 minutes.

MRS. JOHN F. KEANE.

Noodle and Egg Cheese Loaf.

Tomatoes (cooked, Parsley (chopped) 2
 strained) ½ cups. tablespoons
 Pimento (chopped) 1. Bread crumbs (day-
 American cheese 1. old) 1 cup.
 (grated) 2 cups. Salt and pepper to
 Worcestershire sauce taste.
 1 teaspoon. Egg noodles (cooked)
 Eggs 2. 1½ cups.
 Onion (chopped) 1.

Heat tomatoes, add onion, pimento and parsley and cook slowly 5 minutes. Remove from fire. Add cheese and stir occasionally while cooling, so that cheese begins to melt. When partly cool add bread crumbs, Worcestershire sauce, seasonings to taste and beaten eggs. Mix well, then add noodles and mix carefully with a fork. Pour in well-greased loaf pan or oval casserole and bake 45 minutes in moderate oven, 350 degrees, until center is firm. Garnish with parsley.

JULIA WHEELER.

Noodle Egg Cheese Loaf.

Noodles (broad) $\frac{1}{2}$ pound.
Eggs 3.
Sugar $\frac{1}{2}$ cup.
Butter 3 tablespoons.
Cottage cheese 1 pound.
Pinch of salt.
Cinnamon 2 teaspoons.

Boil noodles in salt water until tender, drain and cool in cold water. Separate eggs, beat whites until stiff. Add yolks and beaten whites of eggs to cheese, sugar, cinnamon and salt and beat until cheese is of smooth consistency. Also add melted butter. Put in baking dish and bake in oven 350 degrees for 30 minutes or until browned.

MRS. L. FRAZEN.

Noodle and Egg and Cheese Sauce.

American cheese $\frac{1}{4}$ pound.
Egg yolk (beaten) 1.
Noodles 1 package.
Sweet milk.
Butter (melted) 1 tablespoon.
Bread crumbs 3 tablespoons.

Make a cream of cheese and melted butter. Cook in double boiler until cheese is soft. Beat egg in teacup, and add milk to fill the cup; pour this into cheese and butter, let boil until creamy, stirring constantly. Cook noodles in boiling water 15 minutes, drain. Put into dish, pour creamed cheese over noodles and fold it in, put bread crumbs browned in butter on top.

MISS LEONA COOPER.

Noodles and Cheese.

Egg noodles 1 package.
Onion 1.
Tomato soup 1 can.
Pork shoulder (lean, ground) $1\frac{1}{2}$ pounds.
American cheese $\frac{1}{2}$ pound.

Boil noodles in salted water 20 minutes. Put in colander and turn cold water over them and drain. Fry onion and pork a light brown. Place layer of noodles, layer of pork, layer of finely cut cheese. Continue until

all ingredients are used and pour over all 1 can tomato soup, diluted with 1 can water. Bake half hour in moderate oven.

VIOLA TUCKEY.

Noodles and Cheese Sauce.

Noodles (cooked, drained) 2 cups.
American cheese (grated) $\frac{1}{2}$ cup.
Pimento (chopped) 1 tablespoon.
Onion (chopped) 1 tablespoon.
Salt, pepper and prika.
Milk $1\frac{1}{2}$ cups.
Bread crumbs 1 cup.
Parsley (chopped) 1 tablespoon.
Eggs 3.

Place half of the noodles in a well-buttered ring mold. Heat the milk, add the cheese, and stir over a low fire until the cheese is melted. Add other ingredients. Mix well and add beaten eggs last. Pour half of this sauce over noodles in the ring. Place remainder of the noodles in the ring, and pour rest of the sauce over the noodles. Bake in moderate oven, 350 degrees. Turn out on platter and place whole cauliflower in center of mold; garnish with cheese and parsley.

MRS. CARRIE BELLINGER.

Cheese and Nut Cutlets.

Cheese (grated) 1 cup.
Pimento (chopped) 2 tablespoons.
Curry powder $\frac{1}{8}$ teaspoon.
Bread crumbs $\frac{1}{2}$ cup.
Potatoes (mashed) 1 cup.
Nut meats $\frac{1}{2}$ cup.
Salt 1 teaspoon.
Egg 1.

Mix ingredients. Shape into cutlets, dip in beaten egg diluted with 1 tablespoon water, then in crumbs and fry brown. Serve with tomato sauce.

Flour 1 tablespoon.
Tomato juice (strained) 1 cup.
Butter 1 tablespoon.
Salt and pepper to taste.

Blend the flour with melted butter, add tomato juice and seasonings. Cook until thick.

MRS. ED MEYERS.

Cheese and Nut Loaf.

American cheese (grated) 1 cup.
Salt $\frac{1}{2}$ teaspoon.
English walnuts (chopped) 1 cup.
Onion (chopped) 2 teaspoons.
Bread crumbs 1 cup.
Pepper $\frac{1}{8}$ teaspoon.
Juice of half a lemon.
Eggs (well beaten) 2.
Butter 2 tablespoons.
Water (hot) $\frac{3}{4}$ cup.

Cook the onions in butter for 4 minutes. Mix the cheese, nuts and bread crumbs together, add hot water, onions and butter in which they were cooked, lemon juice and eggs. Mix well and bake 30 minutes in moderate oven. When ready to serve sprinkle with tomato sauce and garnish with parsley.

MRS. EDWARD BRYANT.

Cheese and Olives Baked.

Bread crumbs (stale) 4 cups. Salt 1 teaspoon.
 Olives (ripe, minced) ½ cup. Tomatoes 1 small can.
 Onions (chopped fine) ¼ cup. Cheese (chopped) 1 cup.
 Olive oil 2 tablespoons.
 Dash cayenne pepper.

Brown onion in oil, add tomatoes and seasonings and cook 10 minutes. Now add cheese and cook slowly until all cheese is melted. Now place crumbs of bread, tomato mixture and olives in layers into a buttered baking dish and bake in moderate oven 20 minutes.

JUANITA FORD SQUIRES.

Cheese Patties.

Cheese (grated) ½ cup. Milk ½ cup.
 Eggs 2.
 Butter 2 tablespoons. Bread crumbs ½ cup.
 Baking powder 1 teaspoon. Salt, cayenne pepper or paprika to taste.

Line a muffin tin of 6 or 8 divisions with thin pie crust, drop a spoonful of above in each and bake 15 minutes in 375-degree oven. Cream butter thoroughly, add eggs slightly beaten, then bread crumbs and cheese, baking powder and seasoning, lastly milk. Half a green pepper minced and added gives good flavor.

VIOLA EICHELBERGER.

Cheese Pie.

Pastry. Cheese (sliced thin) 4 ounces.
 Eggs 2. Flour 1 heaping tablespoon.
 Sweet milk 1 cup. Pinch of salt.

Line a pie pan with pastry. Cover bottom with cheese. Beat eggs, add flour and salt, then mix. Pour over cheese in pie pan. Dot with bits of butter on top. Bake until custard is solid.

MRS. M. F. HART.

Mashed Potato and Cheese.

Potatoes (mashed, cold) 1½ cups. Cheese (grated) ¾ cup.
 Cabbage 6 large leaves. Salt and pepper to taste.

Butter 1 tablespoon.
 Mix together mashed potatoes, cheese, salt and pepper and butter. Wilt cabbage leaves slightly in hot water, remove and fill with mixture, roll up and place in buttered baking dish. Season lightly, dot with butter, cover and bake in slow oven until tender (about half an hour).

MARY CHARLES.

Baked Potato and Cheese.

Potatoes (large) 5. Cheese (grated) ½ cup.
 Salt 2 teaspoons. Milk (boiling) ½ cup.

Bake potatoes, then scoop out and

mash after cutting in half lengthwise. Mix salt and cheese dissolved in boiling milk with potatoes, add juice or scraped half of onion. Beat this mixture until light and creamy. Refill potato cases and bake 10 minutes. Dust with paprika, garnish with parsley. Serve very hot with biscuits.

MRS. E. G. PHIPPS.

Cheese Rarebit.

Butter 1 tablespoon. Salt ½ teaspoon.
 Milk 1 cup. Flour 1 tablespoon.
 Green pepper (chopped) 1 tablespoon. Tomato catsup 2 tablespoons.
 Spoon. Egg (slightly beaten).
 Cheese (cut fine) 2 cups. Stuffed olives (sliced) ½ cup.

Melt butter and blend flour with it. Add milk and cook. Then add cheese, green pepper and when cheese is melted add tomato catsup, salt and egg. When thick add olives. Serve on cracker or crisp noodles. Sprinkle coarsely ground peanuts on top.

MARY E. EGAN.

Cheese Rarebit.

American cheese (fresh) 1 pound. Toast or crackers.
 Pepper ½ teaspoon. Salt ¼ teaspoon.
 Mustard (dry) ½ teaspoon. Paprika ¼ teaspoon.
 Worcestershire sauce 1 teaspoon. Water (cold) ½ cup.
 Few grains cayenne pepper.

Cut cheese into small pieces on top of double boiler. Melt slowly. As cheese melts add seasonings. When entirely melted stir in cold water and Worcestershire sauce mixed together. Cook until smooth. Serve on toast or crackers.

ELLEN FITZGERALD.

Cheese Rarebit with Eggs.

American cheese (mild) 1 pound. Mustard 1 level teaspoon.
 Salt ½ teaspoon. Butter 2 tablespoons.
 Milk 1 cup. Eggs 2.

Cut cheese in small pieces, add yolks of eggs and other ingredients except whites of eggs. Put in top of double boiler. Stir slowly until cheese is melted and blended with other ingredients and mixture is quite smooth. Beat whites of eggs and fold in carefully, continuing cooking until mixture is of right consistency.

MRS. ALLEN D. ALBERT.

Cheese, Rice, Tomato.

Tomatoes (strained) 1 cup. Cheese 1 cup.
 1 cup. Flour 1 tablespoon.
 Butter 1 tablespoon. Rice 1 cup.

Thicken tomatoes with flour made

in a paste with tomato juice. Add butter. Boil rice and grate the cheese. Sprinkle cheese on the bottom of buttered casserole, place a layer of boiled rice, a layer of cheese until they are all used. Pour over all tomato sauce and bake 20 minutes in moderate oven.

MRS. GEORGE A. REED.

Rice, Cheese—Ramona Cheese Loaf.

Cheese (grated) 2½ cups. Rice (cooked) 3 cups.
Salt ½ teaspoon. Cayenne pepper.
Butter 3 tablespoons. Milk (rich) 1 cup.
Toast crumbs. Sprinkling of nutmeg.

Place generous layer of cooked rice on bottom of baking dish. Season with salt and cayenne. Cover with layer of grated cheese, then a layer of rice again, etc. Add enough milk to come halfway to top of rice. Cover top of rice with crumbs of toast, and dot with tiny lumps of butter; add a light sprinkling of ground nutmeg. Bake 25 minutes and serve with tomato sauce.

C. WINN SCHMALL.

Cheese and Rice Croquettes.

Rice (boiled) 1 cup. American cheese (dry, pimento (chopped) grated) 1 cup.
fine) 1. Eggs 2.
Cracker crumbs.

Mold rice into croquettes with cheese, beaten egg and pimento. Beat remaining egg. Roll each croquette in egg, then in cracker crumbs and fry in hot fat until golden brown. Serve hot.

MRS. WILLIAM ROSS.

Cheese Rolls.

Baking powder ½ cup. Cheese (grated).
cuit dough.

Roll dough lightly until a little thicker than for pie crust. Spread liberally with grated cheese and roll as for jelly roll. Cut in pieces about 1 inch thick. Place the cubes upright and bake until light brown.

MRS. HAZEL WEYAND.

Cheese Salad.

Cheese ½ pound. Deviled chicken 1
Nuts ¼ cup. small can.
Mayonnaise. Cream (whipped).
Olives.

Grate the cheese, add the olives and nuts cut up fine and mix with the chicken. Fold cream into mayonnaise and add to the first mixture, mixing thoroughly. Put in refrigerator and chill. Top with strips of pimento.

MRS. ANAS B. THORNTON.

Cheese Souffle.

Butter 2 tablespoons. Flour 3 tablespoons.
Milk 1 cup. Dash of cayenne pep-
per.
Cheese (grated) 1 cup. Egg yolks 3.
Salt ½ teaspoon.

Make a sauce of melted butter, stir in flour and add milk, stirring until cooked and smooth. Then add cayenne and cheese, salt, and stir until cheese is dissolved. Remove from stove and add yolks of eggs well beaten. Cool. Fold in well-beaten whites of eggs and bake in slow oven 20 to 30 minutes.

Lemon (juice and Fruit juice ½ cup.
grated rind) ½. Eggs 2.
Sugar ½ cup.

Mix lemon, fruit juice, sugar and egg yolks and cook in double boiler, stirring constantly until sauce thickens. Pour over stiffly beaten whites.

MRS. J. T. LUSCOMBE.

Cheese Souffle.

Butter or substitute 2 tablespoons. Flour 2 tablespoons.
Milk ½ cup. Salt ½ teaspoon.
Dash of paprika. Few grains of cayenne
Cheese (grated) 1 cup. pepper.
Eggs 4.

Melt butter, add flour, blend well, add salt, paprika, cayenne pepper and cheese. When thoroughly mixed remove from fire and cool. Then add egg yolks beaten thick. Fold in stiffly beaten egg whites and bake in moderate oven 30 minutes.

MRS. MILDRED P. AUBURN.

Cheese Sandwich Spread.

Sweet butter ½ pound. Sardellen butter 1
tube.
Juice of very small Cream cheese 2 pack-
onion. ages.
Dash of paprika. Capers 1 bottle.

Mix all together and pack in large green peppers, removing inside of peppers first. Place on ice. When cold cut in ¼-inch slices. Serve as a salad.

MRS. H. WEISS.

Cheese Straw.

Pie dough. Cheese (grated).
Pepper.

Roll dough ¼ inch thick and cut in triangular pieces. In the center of each place a spoonful of grated cheese, sprinkled with a little pepper. Lap one end of dough over the other; press the edges together with a fork and bake.

MRS. E. MAGILL.

Cheese Straw.

American cheese ½ pound. Butter ½ pound.
(grated) ½ pound. Baking powder 1 tea-
Flour 2 cups. spoon.

Put flour, baking powder, cheese and butter together in the bowl. Mix thoroughly with the hand to a smooth paste. Cool on ice. Roll thin as for pie crust, about $\frac{1}{8}$ -inch thickness. Cut into even strips and bake in hot oven, 375 degrees.

MRS. A. C. BERNAHL.

Cheese Straws and Wafers.

Fat 2 tablespoons.	Flour 4 tablespoons.
Cheese (grated) $\frac{1}{2}$ cup.	Paprika.
	Egg whites 3.

Salt $\frac{1}{2}$ teaspoon.
Rub fat and flour together, add the cheese and salt and paprika all together. Mix again. Beat the eggs and fold into other mixture. Drop a teaspoonful at a time on greased sheet. Bake 10 minutes at 300 degrees.

MRS. H. KIESGEN.

Cheese Timbale.

Eggs 6.	Cheese (grated) 4 ta-
Cream or top milk	blespoons.
1 cup.	Ham (minced) 2 table-
Butter $1\frac{1}{2}$ table-	spoons.
spoons.	Salt, pepper, nutmeg.

Add butter, cream cheese, ham and seasonings to taste to eggs and beat all together with an egg beater. Butter molds and fill them $\frac{3}{4}$ full with mixture. Put in a pan with a little water in the bottom. Bake in warm oven, covering mold with paper, until eggs are firm. Serve with tomato sauce.

W. RIDDELL.

Cheese Toast.

Toast (2-inch squares).	Butter.
Cheese (grated).	Egg white (stiffly
Salt.	beaten) 1.
	Paprika.

Spread toast with butter and pile lightly into peak form grated cheese which has been folded into egg white, slightly salted. Dot top sparingly with paprika and set in oven to puff up. Watch carefully.

MRS. ETHEL C. SOUTHBROOK.

Cheese Toast.

Egg 1.	Swiss cheese $\frac{1}{2}$ pound.
Sweet pickles 8.	Melba toast 6 slices.
Mustard (prepared)	Celery 3 sprigs.
$2\frac{1}{2}$ tablespoons.	Sugar 1 tablespoon.
Pimento 1.	Fat (lard) 1 cup.
Cracker meal 1 cup.	

Chop pickles, celery and pimento fine, add sugar and mustard, mix thoroughly together. Cut cheese in 6 slices, beat egg lightly; dip each cheese slice first in egg, then in cracker meal and fry in 1 cup lard

until golden brown. Place toast on plates. Just 8 minutes before serving butter toast well. Place a square of fried cheese on each slice of toast, top with sweet relish and dash of paprika.

MRS. J. B. NEWTON.

Cheese Toast Puffs.

American cheese	Butter 2 tablespoons.
(grated) 1 pound.	Baking powder $\frac{1}{2}$ tea-
Salt $\frac{1}{2}$ teaspoon.	spoon.
Cream $\frac{1}{4}$ cup.	Dash of paprika.
Egg 1.	

Beat all ingredients together very lightly. When thoroughly blended, pile on half slices of white bread thinly cut from which crusts have been removed. Toast under broiler until cheese puffs, then serve.

MRS. C. H. JOHNSON.

Cheese Trifles.

Butter 2 level ta-	Water (cold) 1 pint.
blespoons.	Eggs (whole) 2.
Salt, paprika.	Flour (sifted) $\frac{3}{4}$ cup.
Cheese (grated) 10	Egg yolk 1.
tablespoons.	

Bring butter and water to a boil, then add flour, and stir constantly until mixture is thick. Remove from fire and when slightly cooled add eggs and yolk, one by one, then salt, paprika and cheese. Beat well. Drop mixture from spoon in hot fat and fry until light brown on both sides. Sprinkle lightly with grated cheese and serve.

MRS. J. B. BROOKE.

Turnovers.

Cottage cheese 1	Eggs 2.
pound.	Sugar $\frac{1}{2}$ cup.
Juice of $\frac{1}{2}$ lemon.	Noodle dough.
Salt $\frac{1}{2}$ teaspoon.	

Put cheese through sieve; add remaining ingredients. Make noodle dough with 2 eggs, roll thin and cut in $2\frac{1}{2}$ -inch squares. Place spoonful of cheese in center of each square and bring corners together to form a triangle and press down securely. Drop in boiling salted water and let boil slowly for 20 minutes. Remove carefully and drain. Place 3 tablespoons of butter in a skillet and cook to a golden brown the turnovers. Remove to platter and sprinkle with browned bread crumbs.

THERESA KRISTAN.

Cheese and Vegetable Loaf.

Kidney beans	Onion (chopped fine).
(canned) 1 pound.	Butter 1 tablespoon.
American cheese	Salt and pepper to
(grated) $\frac{1}{2}$ pound.	taste.
Bread crumbs 1 cup.	

Drain liquid from beans, run beans and cheese through meat chopper. Cook onions in butter and small amount of water. Combine ingredients, add seasonings and mix thoroughly; then mold into a loaf and roll, moisten with melted butter and water and roll in bread crumbs. Bake in moderate oven until browned, basting occasionally with melted butter and water. Serve with tomato sauce.

Tomatoes (canned) 1 cup.
Onion 1.
Flour 2 tablespoons.
Butter 2 level table-
spoons.
Cloves 1 dozen.
Salt and pepper.

Cook the tomato, onion and cloves 10 minutes. Heat the butter in a small frying pan and add the flour. Stir over fire until smooth and brown, then add the tomatoes. Cook 2 or 3 minutes, season, rub through a strainer to remove seeds.

MRS. WALTER HOFFMAN.

Vegetable with Cheese and Egg.

Tomatoes 6.
Cheese 1 cup.
Salt and paprika.
Eggs 6.
Cream (thin) 1 cup.
Toast slices 6.

Scoop out tomatoes and pour a teaspoon of cheese in bottom of tomato. Drop egg in each tomato, pour in greased baking dish and allow 40 minutes for egg to set. While they are making beat cheese and thin cream over hot water, with salt and paprika added to cheese mixture. Serve tomatoes on toast with a few teaspoons of sauce over each one.

MRS. O. S. JOHNSON.

Cheese and Meat Loaf.

American cheese ½ pound.
Ham (boiled) ½ pound.
Milk 1½ cups.
Cracker crumbs ½ pound.
Green pepper ½.
Egg 1.

Grind the boiled ham and grate the cheese. Beat the egg and combine with the milk. Combine the ham, cheese and part of the cracker crumbs and moisten throughout with the milk and egg. Place in a loaf pan, cover with cracker crumbs and bake in a slow oven for one hour.

Potato with Cheese.

Potato (raw, grated) 2 cups.
Milk 1 cup.
Cheese (grated) ½ cup.
Salt 1 teaspoon.
Butter 2 tablespoons.
White pepper ½ tea-
spoon.

Peel the potatoes and allow them

to stand in cold water 2 hours before grating. Then grate with vegetable grater and mix with the remaining ingredients. Bake in a slow oven about 40 minutes. The mixture should be browned slightly on top. Buttered cracker crumbs sprinkled over the top when they are almost cooked give a nice finish to the dish.

Cheese Croquettes.

Rice (cooked dry) 2 cups.
Cheese (grated) 1 cup.
Cracker crumbs ½ cup.

Combine the cold rice and grated cheese. Form into balls and flatten them a little. Roll in cracker crumbs and bake in a hot oven for a few minutes until the croquettes are heated through and browned.

Celery and Cheese.

Spreading cheese 5 tablespoons.
Mayonnaise 5 tea-
spoons.
Nuts (chopped) 3 tablespoons.
Celery 5 large stalks.
Ripe olives 5.
Green olives 5.
Green pepper 3 tea-
spoons.

Wash and thoroughly crisp the celery stalks. Cut the end off which is too fine to stuff and chop this to add to the stuffing. Chop the olives, green pepper and nuts separately and combine with the spreading cheese and mayonnaise. Fill the celery stalks and garnish with paprika, chopped parsley and a little grated cheese.

Cheese Sauce and Asparagus.

Asparagus 1 No. 2 can.
Cream ½ cup.
Butter 1 tablespoon.
Cheese ¼ pound.
Salt ¼ teaspoon.
Touch of paprika.

Use the asparagus tips and heat the water in which they were canned for a few minutes. Remove the asparagus tips. Using the simmering degree of heat, add the cream, cheese and salt. Stir until all the cheese is melted, add the butter and pour the sauce over the tips. Garnish with paprika.

Cheese and Celery.

Cheese 1 cup.
Bread crumbs 2 cups.
Milk 1½ cups.
Celery (cooked) 2 cups.
Salt ¼ teaspoon.
Butter 1 tablespoon.

Grate the cheese and mix with the rolled bread crumbs. Chop the cooked celery and add to the first mixture. Add the scalded milk and salt and bake in a low oven ½ hour.

DESSERTS

Frozen—Cold—Hot

Desserts are essential in the diet for the purpose of satisfying the appetite. They are dishes which are usually high in food value. Modern housewives emphasize, therefore, that each dessert should be healthful and play a part in balancing the entire meal. A dessert which is merely tasty should not be served if it makes the meal too rich in proteins. For this reason, fruits and ices are used with otherwise "heavy" meals, and ice cream or puddings with light meals. Because the dessert is the last thing, it often determines the impression for the entire meal.

FROZEN.

Apricot Mousse.

Whipping cream 1 pint.
Gelatin 1 teaspoon.
Apricot pulp 1½ cups.
Sugar ¼ cup.

Soak dried apricots overnight and then cook until tender with sugar, or use canned apricots. Drain off sirup, run apricots through sieve, using pulp only. Dissolve gelatin in 3 tablespoons cold water or sirup from the apricots. Whip cream. Mix all ingredients thoroughly and freeze from 4 to 6 hours, stirring every twenty minutes for the first hour.

MRS. HELEN HOUGH.

Apricot Puree with Lady Fingers.

Apricots or dried apricots (cooked thoroughly and cooled) 1 quart.
Sugar 1 cup.
Cream 1 pint.
Egg yolks 5.

Beat sugar, eggs and mashed apricots together until light. Add to cream and cook in double boiler until eggs start to thicken. Then strain and beat until of consistency of sponge cake batter. When cool put in a mold lined with 10 or 12 lady fingers and set in ice and salt three hours.

VIOLA EICHELBERGER.

Blue Plum Mousse.

Plum puree (coated with sugar to taste) 2 cups.
Gelatin ½ teaspoon.
Water (cold) ¼ cup.
Whipping cream 1 cup.

Dissolve gelatin in cold water. Heat puree to boiling point, add gelatin and cool. When mixture thickens slightly combine with whipped cream. Freeze 4 hours, stirring every 20 minutes during first hour.

MRS. C. D. STEFFENS.

Coffee Mousse.

Sugar 1 cup.
Coffee (strong) 1 cup.
Egg yolks 3.
Cream (heavy) 2 cups.
Vanilla extract 1 teaspoon.

Whip the sugar and egg yolks together. Add coffee. Cook in double boiler until thickened. Remove and add vanilla extract. Add cream which has been whipped and freeze 3 hours.

MRS. J. PAPPAS.

Ginger Pears with Ice Cream.

Pear halves (canned) 5.
Sirup from preserved ginger 2 tablespoons.
Sugar ½ cup.
Ginger 5 strips.
Pear sirup 1 cup.
Pink coloring.
Brick ice cream 5 slices.

Put pear sirup, sugar and ginger sirup in saucepan. Add pear halves and simmer 15 minutes. Remove pears to a plate, brush each delicately with pink coloring, and set aside to chill. Cook sirup until thick, then chill. Put pear half, cut side down, on slice of ice cream, use a strip of ginger to resemble a stem, and pour the sirup around.

MRS. K. SKOBIS.

Concord Grape Ice Cream.

Concord grapes 6 pounds.
Whipping cream 1 pint.
Granulated sugar 1½ cups.

Pick and wash grapes. Place in porcelain or aluminum saucepan. Heat slowly, pressing gently with spoon to separate pulp from seeds and skin. Add sugar and simmer 10 minutes. Put through colander and cool, adding whipping cream, and freeze.

MARY E. FANNING.

Ice Cream Croquettes.

Ice cream (home-made). Coconut (browned).

Shape ice cream into croquette shapes. Roll until coated in coconut that has been browned in a hot oven. Serve with caramel sauce hot or cold.

Butter $\frac{1}{4}$ cup. Brown sugar 1 cup.
Eggs 2. Cream or milk $\frac{1}{2}$ cup.

Mix the butter, sugar and egg yolks. Beat until well blended and slowly stir in the hot milk or cream. Cook over hot water until thickened, stirring constantly to prevent lumping. Pour sauce over beaten egg whites and beat smooth.

MRS. CHARLES ELSON.

Maple and Macaroons.

Maple sirup $\frac{1}{2}$ cup. Egg yolks 4.
Macaroons (crushed) Whipping cream 1
1 cup. pint.

Beat yolk of eggs until thick. Heat the sirup and pour it over the eggs and mix. Cook in double boiler, stirring constantly, until thick. Remove from the fire and add macaroons and set aside to cool. Whip the cream stiff and stir the mixture into the cream. Put into covered mold and freeze for 4 hours.

MRS. CHARLES BOCK.

Nougat Ice Cream.

Cream 1 quart. Peanut brittle candy
Meringue shells. $\frac{1}{2}$ pound.
Cream (whipped).

Half freeze the quart of cream. Put the peanut brittle twice through the meat chopper, stir this into the cream and put it in a mold. Serve in meringue shells, two put together, on beds of whipped cream.

MRS. H. W. NEWMAN.

Orange Ice.

Juice of 12 oranges. Juice of 1 lemon.
Orange rind (grated) Sugar 1 cup.
1. Maraschino cherries 1
Water 2 cups. small bottle.

Boil sugar and water for about 5 minutes. Cool and add to juices. Add cherries cut in small pieces. Freeze. Stir occasionally.

MRS. JOHN G. KLEERUP.

Orange Dessert—"A Little Bit of Heaven."

Orange rinds Eggs 3.
(grated) 3. Gelatin 1 tablespoon.
Water $\frac{1}{2}$ cup. Cream (stiffly
Granulated sugar whipped) 1 pint.
 $\frac{1}{2}$ cups.

Boil the orange rind with $\frac{1}{2}$ cup

sugar and $\frac{1}{2}$ cup water. Strain into $\frac{1}{2}$ cup cold water in which 1 tablespoon gelatin has been dissolved. Beat eggs and remaining sugar together until very light. To this add the above mixture and the juice of 6 oranges. Mix all thoroughly, put into freezer and churn until partially frozen. Then stir in whipped cream and continue churning until the consistency of ice cream.

MRS. WILMER H. STATES.

Peanut Brittle Mousse.

Peanut brittle $\frac{1}{4}$ cup. Whipping cream $\frac{1}{2}$
cup. pint.
Maple sirup (hot) Eggs 2.
 $\frac{1}{2}$ cup.

Beat eggs slightly. Slowly pour on hot maple sirup and cook in top of double boiler until thick, beating with egg beater most of the time. Cool. Whip the cream, add the peanut brittle which has been crushed with rolling pin. Stir in cold maple sirup mixture. Put in icebox pan and freeze 2 hours without stirring.

MRS. GEORGE WHITE.

Peppermint Ice Cream.

Plain cream $\frac{1}{2}$ pint. Peppermint candy 1
pound.
Heavy cream 1 pint.

Pour plain cream over peppermint candy. Let stand in icebox overnight. The next morning pour through sieve to remove undissolved particles. Whip the heavy cream and combine the two. Freeze in ice and salt or the ice pans.

M. AHLSTROM.

Frozen Rice Pudding.

Rice (cooked) 1 cup. Egg yolks 4.
Cream (whipped) 1 cup. Milk 2 cups.
Sugar 3 tablespoons.
Vanilla 1 tablespoon.

Heat milk and egg yolks in double boiler. Stir constantly until it thickens. Then remove from fire, add vanilla, sugar and rice put through food chopper. When cold add whipped cream. Turn into a tightly covered mold and freeze.

MRS. EDNA LUSK.

Strawberry Mousse.

Strawberries (hulled, put through sieve) Gelatin $\frac{1}{2}$ table-
 $\frac{1}{2}$ cups. spoons.
Powdered sugar 1 cup.
Heavy cream 1 pint. Few grains of salt.

Add 2 tablespoons cold water to the gelatin and let stand 5 minutes, then melt over hot water. Combine the

strawberries, sugar and salt, add gelatin, fold in the cream which has been whipped stiff, and put in mold. Cover tightly and freeze 4 hours. Unmold and serve with whole sweetened strawberries.

MRS. FLORENS KAWIN.

COLD.

Apples Candied.

Granulated sugar 1 cup. Figs or French prunes 1 pound.
White sirup ½ cup. Nuts (chopped) 1 cup.
Water (boiling) ½ cup. Wooden meat skewers.
Apples (red, small).
Marshmallows.

Stuff figs or prunes with the chopped nuts. The prunes should be steamed 10 minutes to soften. Make the nose, eyes and mouth on each with blanched almonds. Put skewers so that they will reach from the bottom of the apples to the end of the fruit. Polish apples. Boil sugar, sirup and water to brittle stage, using small drip saucepan. Run sharp end of skewer first through marshmallow to form goblin's collar, then into stuffed fig or prune. Dip in hot sirup and be sure to cover marshmallow, collar and all. Lay on buttered tin to dry. When almost cold mold around back of head any sirup drip. When perfectly cold stick free end of skewer in apple.

MRS. R. P. REICHARD.

Apple Float.

Apple sauce (sweetened) 1 pint. Sugar 4 tablespoons.
Egg whites 2.

Have apple sauce ice cold. Beat the eggs to a stiff froth, add the sugar and fold through to the apples. Serve ice cold.

MRS. FRIEDA SCHOESTING.

Apricot Dessert.

Sugar ¼ cup. Baking powder 2 teaspoons.
Egg 1. Salt ¼ teaspoon.
Milk ½ cup. Apricots 1 small can.
Flour 1 cup. Butter 2 tablespoons.
Whipping cream ¼ pint.

Cream butter and sugar, add egg yolk and cream again. Thoroughly sift flour, baking powder and salt. Add dry ingredients, sugar, flour, baking powder and salt alternately with milk and beat mixture until light. Fold in beaten egg white. Bake in cup cake pan for 20 minutes in 400-degree oven. Strain the apricots. Whip the cream and combine

with apricots. When cooked mixture is cool, place the cakes on a plate and serve with apricot cream.

MRS. H. SANDERS.

Cantaloupe Delight.

Cantaloupe ½ to Grapefruit (small) 1, each person. Pineapple (canned) 4
Oranges 3. slices.
Grapes ½ pound. Maraschino cherries
Sugar to taste. 12.

Remove seeds of cantaloupe. Put on ice. Cut up grapefruit, oranges, pineapple, grapes and cherries with some juice and sugar to taste. Chill. Serve by filling halves of cantaloupe with fruit and garnish with maraschino cherries. MABEL H. KENNEDY.

Marshmallow Charlotte.

Whipping cream ½ pint. Marshmallows ¼ pound.
English walnuts (large) 4. Candied cherries 8.

Whip cream stiff. Slice marshmallows with scissors, dropping the slices into whipped cream. Blanch the nut meats and slice thin. Slice the cherries and stir nuts and cherries into the cream and marshmallow mixture. Let stand overnight or until marshmallows have jellied into the cream. Serve in sherbet glasses topped with unsweetened whipped cream and a candied cherry.

ALICE URBAN.

Charlotte, Pineapple with Raspberry Sauce.

Pineapple (chopped) 1 can. Pastry cream 1 cup.
Layer cake 1. Meringue.

Cake method:

Sugar ½ cup. Flour 1¼ cups.
Butter 2 tablespoons. Milk ½ cup.
Baking powder 1 teaspoon. Egg yolks 2.
Lemon rind ½. Egg (whole) 1.

Place sugar, butter and lemon rind in bowl and cream. Add yolks, stir well; add whole egg, and stir again; add milk. Sift flour and baking powder, add and stir well. Place in greased and floured pan and bake 20 minutes in medium oven. When cool cover with pastry cream made as follows:

Milk 1 cup. Egg yolks 2.
Pinch of salt. Cornstarch 1 table-
Sugar ¼ cup. spoon.

When milk is boiling add sugar. Pour some hot milk over the yolks, stir and add to the rest. Add the

cornstarch mixed with a little milk. Flavor with vanilla. When cool, spread on cake. Lay drained pineapple on top, cover with meringue. Brown and cool.

Raspberry jam 4 tablespoons. Water $1\frac{1}{2}$ cups. Cornstarch 1 teaspoon.

Boil jam with water. Thicken with cornstarch mixed with a little water.

MISS PHYLLIS STEPLER.

Cottage Cheese Dessert.

Cottage cheese (unsalted) 1 pound. crushed pineapple (sweetened) 1 pound.
Cranberries (stewed, sweetened) or Sweet cream $\frac{1}{2}$ cup.

Stir the cheese and cream together until of smooth consistency; add the fruit and serve. MRS. F. S. ILLSLEY.

Plain Baked Custard.

Sweet almonds $\frac{3}{4}$ pound. Eggs 6. Milk 1 quart.
Butter (melted) $\frac{1}{2}$ pound. Rosewater 1 tablespoon.
Cracker or bread crumbs 3 tablespoons. Sugar 3 tablespoons.
Citron (cut) $\frac{1}{4}$ pound.

Blanch and skin almonds. Chop and rub to paste with rosewater. Beat egg yolks stiff and add sugar, then stiffly beaten whites, crumbs soaked in milk, butter, citron and lastly almond paste. Line a small greased pudding dish. Pour in the pudding and bake 30 to 40 minutes in 450 to 500 degree oven.

Sugar $\frac{1}{2}$ cup. Baking powder 1 teaspoon.
Water 1 cup. Butter 2 tablespoons.
Lemon extract $\frac{1}{2}$ teaspoon.

Mix sugar with baking powder, water and butter. Boil up and add lemon extract. DELLA G. THIEL.

Custards with Cake.

Lady fingers 4. Cream (heavy) 1 cup.
Cranberry preserves. Cinnamon.
Sugar 2 tablespoons. Butter 1 tablespoon.
Seeded raisins $\frac{1}{2}$ cup. Eggs 3.

Crumble lady fingers into baking dish. Cover with a layer of preserves, dot with small lumps of butter, add a sprinkle of cinnamon and raisins. Beat eggs separately very lightly. Add sugar and milk. Pour over the fruit and cake, bake as a custard and serve with whipped cream.

SARAH WEISS.

Custard with Cake.

Eggs 4. Juice of 1 lemon.
Orange rind (grated) Sugar $\frac{3}{4}$ cup.
 $\frac{1}{4}$. Juice of 1 orange.

Beat the yolks of eggs slightly, add

sugar, rind and juice of orange, lemon juice. Cook in double boiler until thick, then beat in the whites of eggs beaten stiff. Cook a few minutes. Serve the cream in sherbet cups lined with lady fingers and sprinkle coconut on top or whipped cream.

MRS. GEORGE MOODY.

Caramel Custard.

Sugar $\frac{3}{4}$ cup. Milk 1 pint.
Eggs (beaten lightly) Sugar (mixed with 2
2. teaspoons flour) $\frac{3}{4}$
Sirup. $\frac{1}{2}$ teaspoon. cup.

Caramelize the sugar and pour while hot into a ring mold. Spread the hot sirup around the sides of the mold quickly, forming a caramel lining. Into this pour a custard of the remaining ingredients. Place mold in a pan of boiling water and bake in a moderate oven until custard is firm. Take mold from water, run a sharp knife around the edge of the custard and turn out on the plate in which it is to be served. When cold fill the open center with $\frac{1}{2}$ pint cream whipped stiff and $\frac{3}{4}$ cup peanut brittle ground or 1 cup nut meats chopped.

MRS. CARL SORSEN.

Date Custard.

Milk 2 cups. Cornstarch 2 tablespoons.
Sugar $\frac{3}{4}$ cup. Eggs 2.

Make boiled custard of above ingredients. When cool flavor with vanilla and 2 tablespoons sweet cooking sherry. Have package of dates cut in halves. Crush $\frac{1}{4}$ pound macaroons fine. Put layer of macaroons, layer of dates in baking dish. Pour over boiled custard and continue until all is used. Bake in slow oven until set. Chill and serve with whipped cream.

I. H. RECKITT.

Fruit Custard Baked.

Dried prunes 1 cup. Sugar 1 cup.
Eggs 4. Salt $\frac{1}{4}$ teaspoon.
Lemon extract $\frac{1}{2}$ teaspoon. Almonds (browned) $\frac{1}{2}$ cup.
Milk 3 cups. Water (cold) 3 cups.
Sugar $\frac{1}{4}$ cup.

Soak the prunes in cold water over night, then simmer slowly until they are soft. Discard pits and rub prunes through coarse strainer. Melt 1 cup sugar in frying pan until caramel brown. Pour half of it into mold in which the custard is to be baked, and

the other half on greased pan to harden. Add milk to the prune pulp and bring to the scalding point. Beat eggs lightly. Add extra $\frac{1}{4}$ cup sugar, salt, lemon extract and hot prune and milk mixture, adding the latter gradually, stirring all the time. Pour into the mold, place in a pan of warm water and bake at 325 degrees for $1\frac{1}{4}$ hours or until firm when tested with silver knife. Cool the custard slightly and turn out on a serving dish. Remove the hardened caramel from the pan and together with the almonds crush very fine. Sprinkle this over the custard and serve either hot or cold.

MRS. C. W. SCHEEF.

Fruit Custard Baked, Persimmon Pudding.

Persimmons (small, sweet, ripe) 1 cup.
Granulated sugar 1 cup.
Allspice (ground) $\frac{1}{2}$ teaspoon.
Cinnamon (ground) $\frac{1}{2}$ teaspoon.
Soda $\frac{1}{4}$ teaspoon.
Flour 1 pint.
Sweet milk 1 quart.
Eggs 2.
Salt $\frac{1}{2}$ teaspoon.
Baking powder $\frac{1}{2}$ teaspoon.
Butter 2 tablespoons.

Mix baking powder and soda and sift with flour. Rub persimmons through colander, add eggs, sugar, melted butter and spices and beat well. Add flour and milk alternately in small quantities until all is used. Pour in greased square pan and bake slowly 1 hour. When cold cut in squares and serve with sugar and cream or whipped cream.

MRS. M. F. HART.

Lemon Custard Pudding.

Lemons 3.
Sugar 2 cups.
Eggs 6.
Milk $2\frac{1}{4}$ cups.
Flour $\frac{1}{4}$ cup.
Butter $\frac{1}{8}$ pound.

Cream butter and sugar, add lemon juice and grated rind. Then add slightly beaten egg yolks. Add flour and milk. Stir this mixture thoroughly and fold in stiffly beaten egg whites. Pour in pan and set in second pan of hot water and bake in medium oven until set, about 30 minutes.

MRS. ROBERT L. THOMAS.

Macaroon Custard.

Eggs 4.
Milk (scalded) $1\frac{1}{2}$ cups.
Vanilla 1 teaspoon.
Sugar 3 tablespoons.
Vanilla $\frac{1}{2}$ teaspoon.
Sugar $\frac{1}{2}$ cup.
Coffee (strong) $\frac{1}{2}$ cup.
Macaroons 5 tablespoons.
Cream (whipped) $\frac{1}{2}$ cup.

Slightly beat the yolks of all eggs

and the whites of 2. Add to them $\frac{1}{2}$ cup sugar, and pour milk, coffee and vanilla over. Add macaroons, crushed fine, turn into greased baking dish and bake in 325-degree oven about $1\frac{1}{4}$ hours or until set. When cold cover with meringue made from remaining whites of eggs beaten stiff with 3 tablespoons sugar. Add the whipped cream and $\frac{1}{2}$ teaspoon vanilla.

MISS ARLINE MCCAIVE.

Fruit Salad Dessert.

Candied citron $\frac{1}{4}$ cup.
Candied orange peel $\frac{1}{4}$ cup.
Pulled dried figs. $\frac{1}{4}$ cup.
Cream (whipped).
Candied lemon peel $\frac{1}{4}$ cup.
Cooking sherry.
Black walnuts.

Shave candied fruit very thin, then marinate with cooking sherry for at least a week. When dessert is to be used, stew figs gently in a sirup of half sugar and half water. When tender and cool cut them open on one side and insert a spoonful of fruit. Place one fig in each glass, put a little sirup from stewed figs around and some from fruit. Scatter chopped black walnut meats over each, top with whipped cream and serve.

MRS. B. A. BACKUS.

Fruit Salad Dessert.

Apples (good sized) 4.
Dates 1 cup.
Maple sirup 2 tablespoons.
Nuts (chopped).
Cranberries 2 ounces.
Honey 2 tablespoons.
Cream (whipped) $\frac{1}{2}$ pint.
Cherries 5.

Grate or put through vegetable chopper apples, cranberries and dates. Mix lightly together with honey and maple sirup, divide into individual dishes. Cover with whipped cream and nuts, with cherry in center.

MRS. HYLDA KERSHAW.

Gelatin Dessert, Apricot Snow Pudding.

Gelatin 2 table-
spoons.
Water (cold) $\frac{1}{2}$ cup.
Apricots (stewed) 1 cup.
Orange juice $\frac{1}{2}$ cup.
Whipping cream $\frac{1}{2}$ pint.
Rice (cooked) $\frac{3}{4}$ cup.
Egg whites 3.
Sugar $\frac{1}{2}$ cup.
Water (boiling) 1 pint.

Soak gelatin in cold water 5 minutes. Dissolve in boiling water. Add sugar, orange juice, rice and stewed apricots. When cool, add beaten egg whites and fold in whipped cream.

MRS. JOSEPH J. KALIVODA.

Gelatin Icebox Dessert.

Gelatin 1 table- spoon. Water 5 tablespoons.
 Sugar 1½ cups. Bitter chocolate 3 squares or 6 table- spoons.
 Milk ¼ cup.

Soak gelatin in water 15 minutes and place the dish in another of boiling water until dissolved. Place sugar, chocolate and milk in double boiler and cook until it is a smooth paste. Line a bread pan with lady fingers. Add gelatin to paste, and crumbed lady fingers or sponge cake to the mixture, 1 teaspoon of vanilla and 1 pint of whipped cream. Serve with whipped cream.

MRS. KATHERINE M. CURRAN.

Gelatin Dessert, Chocolate and Marshmallow.

Gelatin 1 table- spoon. Nuts ½ cup.
 Water (cold) ¼ cup. Milk 1¾ cups.
 Sugar ½ cup. Pinch of salt.
 Bitter chocolate ½ square. Dates ½ cup.
 Marshmallows 8.

Soak gelatin in cold water. Melt chocolate in top of double boiler, add salt and sugar, then milk. Heat until milk is scalded. Pour over gelatin and stir well. Let stand until it begins to set. Add nuts, dates and marshmallows. Pour in cold wet molds and let stand until firm. Serve with whipped cream or marshmallow whip. Shredded coconut may be added if desired.

MRS. JOHN GOLDER.

Gelatin Dessert, Coffee.

Gelatin ½ box. Water (cold) 1 cup.
 Coffee (ground fine) ½ cup. Milk (boiling) 1 pint.
 Egg yolks 4. Sugar 1 cup.
 Figs (large) 6. Cream (whipped) 1 cup.

Soak gelatin in cold water for 2 hours and soak the coffee in boiling milk for 5 minutes. Strain the milk through a cloth and place in double boiler. Add yolks of eggs beaten with sugar. Stir till creamy but not thick. Add gelatin and stir until it is dissolved. Add the figs cut in small pieces. Remove from fire. When this is cold and begins to stiffen, stir it briskly into 1 cup of whipped cream. Turn into a wet mold, serve cold without sauce.

MRS. MARY GOODWIN.

Gelatin Dessert, Coffee Italian Cream.

Coffee 1½ cups. Sugar 3 tablespoons.
 Milk ½ cup. Gelatin 2 tablespoons.

Put coffee in double boiler with the gelatin. Beat yolks and sugar together thoroughly and add the milk. Stir this mixture into hot coffee. After it is cooked to a soft custard remove from fire and add the whites of 2 eggs beaten stiff and ½ teaspoon vanilla. Beat all well together with egg beater. Set away to harden and beat again when half congealed. When hardened, serve with chopped nuts and whipped cream.

MRS. BERTHA IRSCH.

Fruit Gelatin Dessert, Caramel Pudding.

Gelatin ½ box. Brown sugar 1½ cups.
 Water 1 cup. Pineapple (canned, diced) ½ cup.
 Apricots (canned, diced) ½ cup. Almonds (finely shredded) ½ cup.
 Grapes (halved, stoned) ½ cup. Cream (whipped) ½ pint.
 Lemon juice 1 tablespoon. Green and red maraschino cherries.
 Peaches (canned, diced) ½ cup.

Soak the gelatin in cold water until soft. Boil the sugar with water for a few minutes, then pour sirup over gelatin, stirring briskly. When thoroughly dissolved, set aside to cool. When half set, beat until foamy with egg beater. Place in ring mold wet with cold water and set aside to cool and set. Mix peaches, apricots, pineapple, grapes and almonds. Sweeten to taste, and add lemon juice. Unset mold on dessert platter, mix fruit well and set in center of ring. Cover all with whipped cream and garnish with cherries.

MRS. ELLA HAINES.

Grape Juice Gelatin Dessert.

Gelatin 1 table- spoon. Cream (whipped) ½ pint.
 Water (boiling) ¼ cup. Water (cold) ¼ cup.
 cup. Grape juice 1 cup.
 Lemon juice 1 tablespoon. Sugar ½ cup.

Soak gelatin in cold water a few minutes. Add, dissolve in boiling water. Mix all other ingredients except cream to gelatin mixture. When this mixture begins to thicken, add cream beaten stiff. Pour this mixture over layer of lady fingers arranged in a shallow pan and chill until firm. When ready to serve slice and top with whipped cream.

MRS. HARRY KROUSE.

Gelatin Dessert, Macaroon.

Macaroons $\frac{1}{4}$ pound. Egg yolks 4.
Milk $\frac{1}{2}$ cup. Sugar $\frac{1}{2}$ cup.
Cream 2 cups. Gelatin 1 tablespoon.
Crystallized fruit 1 Almond 1 teaspoon.
cup.

Soak macaroons in the milk. Beat yolks and add sugar. Scald cream in double boiler, add macaroons, yolks and sugar and cook until thick. Add gelatin soaked in $\frac{1}{4}$ cup cold milk and dissolve over hot water. Add almond and beat thoroughly. Add crystallized fruit cut fine, pour into small molds and chill. Serve with sweetened whipped cream, flavored with almond.

MRS. H. W. ROSS.

Gelatin Dessert, Nuts and Cream.

Egg yolks 3. Lemon juice 2 table-
Gelatin 1 table- spoons.
spoon. Orange pulp (cut in
Sugar $\frac{1}{2}$ cup. small pieces) 1 cup.
Water (cold) $\frac{1}{4}$ cup. Pinch of salt.
Cream (thick) $\frac{1}{2}$ Egg whites 3.
cup.

Soak gelatin in cold water 5 minutes. In top of double boiler place the beaten egg yolks, sugar and lemon juice and stir until smooth and well mixed. Place over water and cook until thickened, add the soaked gelatin and allow the mixture to cool. When it begins to stiffen, add the orange pulp, whites of eggs beaten stiff, add whipped cream. Turn into a mold and chill for 2 hours or longer. When ready to serve, turn mold on serving dish and garnish with stiffly beaten cream sweetened and flavored, sections of orange, preserved strawberries or cherries.

ELIZABETH ELPHICK.

Gelatin Dessert, Nut Cream.

Whipping cream 2 Maraschino cherries
cups. (chopped) 2 table-
Sugar $\frac{1}{4}$ cup. spoons.
Sugar 1 cup. Pecan meats $\frac{1}{2}$ cup.
Vanilla 1 teaspoon. Baking soda $\frac{1}{4}$ tea-
Gelatin 1 tablespoon. spoon.

Melt 1 cup sugar carefully in skillet, taking care not to burn. Add pecans and soda and cool on buttered plate. Pound fine with a masher. Heat 1 cup of the cream and add the gelatin dissolved in 2 tablespoons cold water. Add $\frac{1}{4}$ cup sugar and cool. When it begins to set add the cherries, the pounded brittle, vanilla, and the rest of the cream which has been whipped. When set and chilled, serve

in sherbet glasses and garnish with whole cherry and a little brittle.

MRS. EDWARD BRYANT.

Gelatin Dessert, Rice.

Rice $\frac{1}{2}$ cup. Water (warm) $\frac{1}{4}$ cup.
Milk 1 pint. Cream (whipped) 1
Butter 1 teaspoon. pint.
Sugar $\frac{1}{4}$ cup. Maraschino 1 table-
Granulated gelatin 2 spoon.
tablespoons.

Cook first four ingredients until perfectly smooth, put through ricer. Dissolve gelatin in warm water, add the strained rice. Let cool, fold in whipped cream flavored with maraschino. Put in mold to harden. Serve with fresh fruit or chocolate sauce.

MRS. M. MUNGEN.

Gelatin Dessert, Russian Loaf.

Bake an angel food cake with:

Egg whites 8. Cocoa (sifted with
Cream of tartar 1 the flour) 2 tea-
teaspoon. spoons.
Cake flour 1 cup. Sugar $1\frac{1}{4}$ cups.

Beat the eggs stiff, add the other ingredients. Bake in two oblong tins. When cool split each layer and fill with the following:

Egg yolks 8. Powdered sugar 1 cup.
Cream (whipped) 1 Gelatin (soaked and
pint. melted) 2 table-
Vanilla 1 teaspoon. spoons.

Beat the yolks, add sugar, then the whipped cream. Add melted gelatin and vanilla. Place cake on large platter, fill and cover over all with this. Sprinkle nuts on top.

MRS. META KLOTZ.

Gelatin Filling, Russian Cream Loaf.

Milk 1 pint. Egg yolks 2.
Sugar 3 tablespoons. Cornstarch 1 table-
Salt and vanilla to spoon.
taste. Gelatin $1\frac{1}{2}$ table-
Whipping cream $\frac{1}{2}$ spoons.
pint. Cake.

Make a custard of the milk, eggs, sugar, cornstarch, salt and vanilla. While warm add gelatin previously dissolved in a little cold water. While custard is cooling whip cream and add. When thick enough spread on cake. Make layers.

MRS. M. K. HOSMER.

Gelatin Dessert, Spanish Cream.

Whipping cream 1 Milk $\frac{1}{2}$ pint.
pint. Sugar 1 cup.
Eggs 3. Gelatin 1 tablespoon.
Vanilla to flavor.

Whip the cream stiff. Beat the eggs separately, add the sugar with the yolks, and make a custard. Soak the gelatin in cold water 5 minutes.

Warm over hot water. Add gelatin to custard while warm. After custard is cold pour it into the whipped cream gradually. Pour into mold. Set on ice for from 2 to 4 hours.

MRS. C. W. CRABTREE.

Graham Cracker Loaf.

Graham crackers	Cream (thick)	1 cup.
(rolled fine)	Dates (chopped)	1 pound.
Marshmallows (cut)	Nuts (chopped)	1 cup.
1 pound.		

Save out $\frac{1}{2}$ cup cracker crumbs to roll loaf in. Mix the other ingredients thoroughly and form into a loaf. Dust loaf in crumbs and let stand overnight. Slice and serve with whipped cream.

MRS. WINSOR JONES.

Icebox Cake.

Egg yolks 3.	Milk $\frac{1}{2}$ pint.
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Make a custard of the above in double boiler, using very little sugar.

Lady fingers 4.	Macaroons 6.
Raspberry jam.	Culinary sherry.
Custard.	Cream (whipped).

Split lady fingers and thinly spread with jam and fold together again. Break in sections and line 4 sherbet glasses. Pour over each a tablespoon of sherry. Then crumble the macaroons and spread on the lady fingers. Over this pour the custard and if liked top off with whipped cream.

MRS. J. F. HUNT.

Icebox Cake, Almond.

Water $\frac{1}{4}$ cup.	White cake crumbs
Almond paste 2	1 cup.
ounces.	Cream $\frac{1}{2}$ cup.
Egg yolks 4.	Few drops vanilla.
Sugar $\frac{3}{4}$ cup.	Cream (triple) 1 cup.

Boil the sugar with water and cook until thick. Rub the almond paste to a soft and smooth consistency in cream. Combine with cooled sirup. Place in double boiler. Add beaten egg yolks and cook until spoon is coated, stirring constantly. Remove from fire. Add few drops vanilla, and set aside to cool. Whip the cream, add the cake crumbs and combine with cooked mixture. Pour into mold and chill well.

MRS. ETHEL C. SOUTHBROOK.

Icebox Cake, Banana.

Vanilla wafers	Bananas 3.
(rolled fine) $\frac{1}{2}$	Butter $\frac{1}{2}$ cup.
pound.	Eggs (beaten separate-ly) 4.
Powdered sugar 1	Lemon extract 1 tea-
cup.	spoon.
Nut meats 1 cup.	

Cream butter and sugar, add egg yolks beaten, lemon extract and beat several minutes. Add whites, beating again, then add nuts. Put in a pan a layer of cooky crumbs, a layer of custard, then bananas sliced thin, then custard. Finish up with crumbs. Set overnight to chill; serve with whipped cream.

MRS. WALTER ADDIS.

Icebox Cake, Blueberry.

Blueberries (stewed)	Fresh bread (sliced, buttered).
Pinch of salt.	
Lemon juice 2 table-	Dash of cinnamon,
spoons.	Cream (whipped).

Line pan with waxed paper, then with slices of bread buttered on both sides. Spread with blueberries seasoned with salt, cinnamon and lemon juice. Add another layer of bread and berries and a third. Cover and set in icebox overnight. Before serving cover with whipped cream. Cut in squares.

MRS. JOHN RODGERS.

Icebox Cake, Chocolate.

Eggs 4.	Vanilla 1 teaspoon.
Water $\frac{1}{2}$ cup.	Sugar $1\frac{1}{4}$ cups.
Baking powder $\frac{3}{4}$	Pasty flour $1\frac{1}{4}$ cups.
teaspoon.	Pinch of salt.

Separate eggs. Beat yolks until thick, then add half of sugar little at a time, then add water, then flour to which baking powder and salt have been added. Beat well and add vanilla. Beat egg whites until stiff, then fold in other half of sugar. Add this to egg yolk mixture, folding in carefully. Bake in raised-bottom cake pan in 350 to 375 degree oven for about 40 minutes. Then let cool and take out and fill with the following:

Sweet chocolate 2	Sugar $\frac{1}{2}$ cup.
squares.	Eggs 3.
Water $\frac{1}{2}$ cup.	Powdered sugar 1 cup.
Butter $\frac{1}{2}$ pound.	Cream (sweetened, whipped stiff).
Vanilla 1 teaspoon.	

Melt and blend smooth the chocolate with sugar and water in a double boiler. Beat egg yolks until thick and light, add gradually to chocolate mixture, stirring rapidly. Reduce heat and cook until mixture thickens. Set aside to cool. Cream the butter and powdered sugar. Add the cooled chocolate mixture and vanilla. Beat thoroughly, then fold in stiffly beaten egg whites. Fill the hollow of cake

with this mixture, cover with wax paper and set in icebox for over night. When ready to serve garnish with sweetened whipped cream and sprinkle with nuts and cherries.

MRS. L. E. WORTHEN.

Icebox Cake, Coffee.

Sweet butter 1 cup. Coffee (strong) 2 ta-
Sugar 1 cup. blespoons.
Egg yolks 2. Lady fingers $\frac{1}{2}$ pound.

Cream butter and sugar well, add egg yolks and coffee drop by drop. When a smooth cream has been obtained, line the bottom of a deep mold with lady fingers, then put a layer of cream, then layer fingers, and finish with lady fingers. Let stand in icebox 24 hours.

MRS. W. RIDDELL.

Icebox Cake, Orange.

Butter $\frac{1}{2}$ cup. Sugar $\frac{1}{2}$ cup.
Eggs 2. Nuts $\frac{1}{2}$ cup.
Orange juice 1 ta- Maraschino cherries
blespoon. 15 or 20.
Lady fingers 1 dozen. Macaroons $\frac{1}{2}$ dozen.
dozen.

Cream butter and sugar, stir in one whole egg and yolk of the second, and beat well. Fold in the beaten white. Lastly add nuts, cherries and broken macaroons. Line a dish with lady fingers and cover with a layer of the above mixture. Repeat with another layer of lady fingers and mixture until all used up. Let stand in icebox 24 hours. Serve with whipped cream.

MRS. J. W. WESCOTT.

Icebox Cake, Pineapple.

Vanilla wafers $1\frac{1}{4}$ Unsalted butter $\frac{1}{2}$
pounds. pound.
Shredded pineapple Powdered sugar 1 cup.
1 No. 2 can. Egg whites 4.
Granulated sugar $\frac{1}{2}$ Whipping cream $\frac{1}{2}$
cup. pint.
Egg yolks 4.

Boil pineapple, granulated sugar, and slowly add beaten yolks of eggs; cook until thick, stirring constantly. Cool; cream the butter and powdered sugar and add to the above mixture. Beat whites of eggs and fold in lightly. Line a detachable rim cake tin with vanilla wafers, then alternate filling and wafers. Place in icebox overnight. Top with whipped cream.

MRS. R. B. JONES.

Icebox Cake, Pineapple.

Lady fingers (large) Sweet butter 1-6 pound.
10. Egg yolks 2.
Confectioner's sugar Crushed pineapple
 $\frac{1}{2}$ cup. 1 small can.
Egg whites 2.

Cut lady fingers in half length-wise. Mix sugar, butter and beaten egg yolk thoroughly, then add the pineapple, well drained, and the beaten egg whites. Spread this on the lower half of two lady fingers. Place the upper half on and cover with whipped cream.

HARRIET E. ALLEN.

Icebox Cake, Pineapple Angel.

Grated pineapple Marshmallows
1 No. 2 $\frac{1}{2}$ can. $\frac{1}{2}$ pound.
Whipping cream $\frac{1}{2}$
pint.

Drain juice from pineapple, add marshmallows which have been cut in pieces, add cream whipped stiff, mix and let stand overnight in icebox. When ready to serve cut slices of angel food cake about 1 inch thick and spread 2 tablespoons of pineapple mixture over cake evenly. Sprinkle grated coconut lightly on top. Have coconut colored green with vegetable coloring.

MRS. NETTIE MURRAY.

Icebox Dessert, Apple.

Apples (medium) 3. Whipping cream $\frac{1}{4}$
Nutmeg. pint.
Sugar to taste.

Pare and grate the apples. Whip the cream stiff, and whip in the apples. Flavor with nutmeg, sweeten to taste. Serve in sherbet cups with wafers, or line dessert dish with vanilla wafers and serve whip over them.

LAURA J. BLACKWOOD.

Icebox Dessert, Marshmallows.

Marshmallows Cream (whipped stiff)
(quartered) $\frac{1}{2}$ pint.
pound. $\frac{1}{2}$ pint.
Blanch almonds Maraschino cherries 1
(chopped) $\frac{1}{2}$ cup. small bottle.

Cut the marshmallows with scissors and drain and cut the cherries fine. Mix all together and place in individual molds for a few hours in a cool place.

MRS. DOROTHY H. McCONNELL.

Icebox Dessert, Peanut Brittle.

Peanut brittle $\frac{1}{2}$ Cream (whipped) 1
cup. cup.

Grind up the candy in food chopper and add whipped cream. Serve in sherbet cups with little cakes which are not too rich.

NANCY McNARY.

Icebox Dessert, Pineapple.

Sliced pineapple 1 medium can. 1/4 pound.
 Marshmallows 1/4 pound.
 Blanched almonds - Whipping cream 1/2 pint.

Take juice from pineapple, add juice of 1 lemon, 1 tablespoon granulated sugar, 1 tablespoon of flour and yolks of 2 eggs beaten. Cook for 5 minutes, then cool. Then add the sliced pineapple cut in small pieces, the marshmallows pulled to pieces with fingers, the almonds cut in pieces.

MARTHA DONOVAN.

Icebox Dessert, Prunes.

Prunes 1/2 pound. Dried apricots 1/2 pound.
 Pineapple 1 small can. Cream (whipped) 1 pint.
 Marshmallows 12. Nut meats 1/2 cup.

Cook prunes and apricots in separate kettles until soft. Stone prunes and mix with apricots. Add grated pineapple and sweeten to taste. Then add nut meats chopped and marshmallows which have been cut. Let the mixture stand until it is very cold, then fold in whipped cream.

MRS. M. E. HILL.

Icebox Dessert, Rhubarb.

Rhubarb (stewed, sweetened) 2 cups. Macaroons (crushed) 2 cups.
 Cream (stiffly beaten) 1 cup. Tart shells 6.

Add macaroons to rhubarb. Fold in the whipped cream and serve in tart shells which have been baked previously. Decorate tops with extra spoon of whipped cream.

MRS. A. H. LEPUNSKY.

Icebox Pudding, Banana.

Lady fingers 1 dozen. Blanched almonds. Bananas (large) 2.
 Sugar 2 tablespoons. Custard.

Halve the lady fingers. Place 2 halves in small glass dishes, mash bananas with fork and add sugar; beat until smooth. Cover lady fingers with beaten bananas. Place 2 more halved lady fingers to cover like sandwich. Pour the cooled custard around the sandwich. Split blanched almonds and place them on top the custard. Place in icebox.

MISS BERTHA KRUGER.

Icebox Pudding, Chocolate.

Egg yolks 3. Confectioner's sugar 1/4 cup.
 Butter 1/4 pound. German sweet chocolate 1 pound.
 Egg whites 6.
 Lady fingers 18.

Soften the butter, melt the choco-

late, beat egg yolks very stiff, and add sugar and cream all together. Add egg whites beaten stiff. Halve the lady fingers and line a mold. Put in half the chocolate mixture, then a row of lady fingers, then remaining chocolate, and top with lady fingers. Stand in icebox overnight. Before serving top with whipped cream.

MRS. ROY DOWDALL.

Lemon Fluff.

Lemon (small) juice Eggs 4.
 and grated rind. Vanilla 1/2 teaspoon.
 Water (hot) 2 tablespoons. Sugar 2 tablespoons.
 Cream (whipped, sweetened).
 Lady fingers 5 halves. Maraschino cherries.

Beat yolks of egg with 3 tablespoons of sugar, add lemon, hot water and cook in double boiler until it thickens; remove from fire and fold in whites of eggs beaten stiff, with remaining sugar. Let cool. Cut up halves of lady fingers into 5 sherbet glasses, then put mixture in cups and let stand in cool place 3 or 4 hours. When ready to serve top with sweetened whipped cream, flavored with 1/2 teaspoon vanilla and a maraschino cherry.

MRS. MARIE E. VLCEK.

Peaches in French Ice Cream.

Juice from canned Sugar 1 cup.
 raspberries 1 cup. Peaches.
 Strawberries.

Make a sirup of canned raspberry juice and 1 cup of sugar. Add strawberries and simmer a few minutes. Cool and put in cavity of peaches.

Milk 1 pint. Vanilla 1 tablespoon.
 Sugar 1/2 cup. Cream (thin) 1 quart.
 Corn sirup 1/2 cup. Gelatin (dissolved in 2
 Egg yolks 4. tablespoons cold
 Lemon 1 teaspoon. water).

Heat milk and add sugar and corn sirup and beaten egg. Cook until mixture thickens in a double boiler. Remove from fire, add cream and flavoring. Cool and freeze in pans in electric icebox. After cream is well set, place the filled peach on top, so that it will be possible for each guest to have one. Do not allow peaches to freeze.

MRS. W. E. ALDEN.

Pear Meringues.

Pear halves 5. Orange juice 1/2 cup.
 Egg whites 2. Granulated sugar 4
 Orange peel (candied, chopped). tablespoons.

Drain the pears and dip in orange

juice. Beat the egg whites stiff, add the sugar gradually and continue beating until the mixture will hold its shape. Arrange pears on flat baking dish, cut side up; fill centers with the chopped candied orange peel and cover with a rounded spoonful of the meringue. Brown lightly in a moderate oven. Serve cold with pear sirup as a sauce.

GEORGE ARMBRUSTER.

Prune Coconut Dessert.

Prunes (stewed, pitted) 1 cup. Graham crackers 2. Vanilla 1 teaspoon.
Coconut 2 table- Eggs 2.
spoons. Sugar 4 tablespoons.

Rub prunes through a coarse sieve, add graham crackers rolled in crumbs, coconut and vanilla. Separate eggs, beat yolks till creamy and add to prune mixture. Beat whites until stiff and add sugar gradually. Fold half of meringue into prune mixture and spread on buttered shallow pan. Put remaining meringue on top, sprinkle with sugar and coconut. Bake in moderate oven about 10 minutes. Serve cold.

MISS ELSIE MAJOR.

Rollod Souffle.

Eggs 5. Sugar 5 tablespoons.
Cocoa 5 tablespoons. Flour 1 tablespoon.

Beat egg yolks, sugar, cocoa and flour for 10 minutes with round egg beater. Then add stiffly beaten whites and bake in 350-degree oven 20 minutes. Gently remove from pan and turn over on a napkin. Pull off the paper and roll (like a jelly roll). Serve cold. When ready to serve unroll and spread with $\frac{1}{2}$ pint of flavored whipped cream. Roll up again and cut in fine slices. Sprinkle slices generously with chopped nuts and serve with lukewarm chocolate sauce, made of 1 cup of sugar, 3 tablespoons cocoa, and $\frac{3}{4}$ cup of milk which have been cooked 10 minutes.

MRS. W. J. ALSIP.

Strawberry or Raspberry Snowballs.

Rice 1 cup. Milk 1 quart.
Sugar $\frac{3}{4}$ cup. Salt.
Nutmeat or extract. Vanilla 1 teaspoon.
Jelly. Egg whites 2.
Coconut (grated).

Cook rice, milk and salt until rice absorbs all the milk. Add sugar, nutmeg and vanilla. Roll into balls with spoonful of jelly in the center. Roll

in egg yolk lightly, then in coconut. Allow to dry and then serve with sauce:

Egg white (un- Salt.
beaten) 1. Berries (fresh) $\frac{1}{2}$ cup.
Sugar 1 cup. Whipping cream $\frac{1}{2}$ cup

Make a whip of berries, either strawberries or raspberries, whites of eggs and sugar. Beat until stiff. Fold in beaten cream. Chill and serve over rice balls.

MRS. CHARLES SLUSSER.

Tapioca, Apple with Whipped Cream.

Cinnamon candy $\frac{1}{2}$ Apples 6.
cup. Water 3 cups.
Tapioca $1\frac{1}{2}$ table- Sugar $\frac{1}{2}$ cup.
spoons. Pinch of salt.

Peel and core apples. Cook in above until tender but not broken. Serve with whipped cream.

MRS. JOSEPH STEINER.

Tapioca, Apricot and Nuts.

Milk 1 quart. Nut meats 1 cup.
Sugar $\frac{1}{2}$ cup. Minute tapioca $\frac{1}{2}$ cup.
Egg (beaten sepa- Salt $\frac{1}{4}$ teaspoon.
rately) 1. Apricot puree $1\frac{1}{2}$ cups.
Brown sugar $1\frac{1}{2}$ cups. Vanilla 1 teaspoon.

Scald milk in double boiler, add tapioca, granulated sugar, salt and cook 15 minutes, stirring frequently. Beat egg and stir in. Cook until mixture begins to thicken. Add apricot puree made from dried apricots soaked, boiled and strained or from canned apricots forced through a sieve. Add brown sugar and beat well. Add vanilla and nut meats, serve with cream.

MRS. ST. JULIEN E. BELL.

Tapioca, Cream.

Milk 1 pint. Minute tapioca 2 ta-
Pinch of salt. blespoons.
Egg yolks 2. Whipping cream $\frac{1}{2}$
Vanilla 1 teaspoon. pint.
Sugar $\frac{3}{4}$ cup.

Scald milk, add tapioca, salt. Cook 50 minutes, stirring occasionally. Beat eggs, add sugar, blend well, add to tapioca slowly and cook 5 minutes more. Remove from fire and let get cold. Beat egg whites, fold in mixture, add vanilla, fold in cream beaten stiff. Serve very cold. (Cook in double boiler).

MRS. RALPH E. JONES.

Date and Nut Tapioca.

Brown sugar 1 cup. Walnuts (chopped) $\frac{1}{2}$
Minute tapioca 2 ta- cup.
blespoons. Dates (chopped) 1
Cream to whip 1 cup. cup.
Water 2 cups. Vanilla 1 teaspoon.

Bring sugar and water to a boil and add tapioca and cook 15 minutes in

a double boiler to prevent sticking. Remove from fire and add dates, walnuts and vanilla. When this is cold whip the cream and fold in. Chill thoroughly and serve with spoonful of whipped cream and a date half.

MRS. H. W. GRAHAM.

Grape Tapioca.

Grape juice 2 cups. Minute tapioca 4 tablespoons.
Lemon juice 1 table- Spoon.
Salt $\frac{1}{2}$ teaspoon. Sugar $\frac{3}{4}$ cup.
Egg white 1.

Pour 1 cup cold water over tapioca and let stand while scalding grape juice. Pour hot juice over tapioca and cook over hot water, stirring constantly until transparent. Add lemon juice, sugar and salt. Remove from heat and fold in white of egg, beating until stiff and dry. Turn into mold, chill and serve with custard sauce made with yolk of egg.

ALVINA REGENSTEIN.

Tapioca, Maple Nut.

Milk 1 pint. Tapioca $\frac{1}{2}$ cup.
Pinch of salt. Maple sirup 1 cup.
Egg 1. Walnuts $\frac{1}{2}$ cup.

Cook milk, tapioca, salt and sirup together for 15 minutes, then stir in yolk of the egg, beaten well. Cook 3 minutes longer. Remove from stove and let mixture cool 15 minutes. Add beaten egg white and nuts.

MRS. RITA E. MINER.

Orange Tapioca.

Orange juice $\frac{3}{4}$ cup. Sugar $\frac{1}{4}$ cup.
Water 1 $\frac{1}{2}$ cups. Salt $\frac{1}{4}$ teaspoon.
Eggs (separated) 2. Minute tapioca 3 tablespoons.
Lemon juice 1 teaspoon.

Cook the tapioca and liquid over boiling water until tapioca is transparent, about 20 minutes. Beat together egg yolk and sugar, mix with 2 tablespoons of hot liquid and turn into the rest of the hot liquid. Cook 1 minute longer; remove from the fire, pour into casserole or pudding dish.

Sugar $\frac{1}{4}$ cup. Vanilla $\frac{1}{2}$ teaspoon.
Salt $\frac{1}{4}$ teaspoon. Coconut.

Beat the egg whites stiff and dry, add the sugar, salt and vanilla and beat again stiff. Spread over the pudding, sprinkle thickly with shredded coconut and brown in 325-degree oven 15 minutes. Serve cold.

MRS. THOMAS H. MULLEN JR.

Pineapple Tapioca.

Milk 1 pint. Vanilla $\frac{1}{2}$ teaspoon.
Small tapioca 3 tablespoons. Cake (stale, crumbled) 1 cup.
Sugar $\frac{1}{4}$ cup. Pineapple juice $\frac{1}{2}$ cup.
Salt $\frac{1}{2}$ teaspoon. Whipping cream $\frac{1}{2}$ pint.
Egg 1.

Pineapple 1 slice.

Scald milk in double boiler. Add tapioca, sugar and salt and cook 15 minutes, stirring frequently. Pour a little of this mixture over slightly beaten egg yolk, stirring vigorously. Return to double boiler and cook until mixture thickens like custard. Add vanilla. Fold in stiffly beaten egg white. Cool. Line sherbet glasses with cake crumbs. Pour pineapple juice on crumbs and let soak. Fill glasses with tapioca mixture. Chill. Garnish with sweetened whipped cream and small pieces of sliced pineapple.

MRS. H. ATCHLEY.

Prune Tapioca.

Water 1 quart. Lemon 1.
Tapioca $\frac{1}{2}$ cup. Cinnamon 1 stick.
Prunes $\frac{1}{2}$ pound. Sugar $\frac{1}{2}$ cup.
Raisins $\frac{1}{2}$ cup. Grape juice 1 cup.
Currants $\frac{1}{2}$ cup.

Bring water to boiling point and add tapioca slowly. Cook a few minutes, stirring frequently. Add the prunes, water in which they soaked, washed raisins and currants, grated rind and juice of lemon and cinnamon. Cook until prunes, raisins and currants are tender. Add sugar and grape juice, cook slowly for 10 minutes and serve cold.

MISS MARIE JULIET ANDRESEN.

HOT OR COLD.

Angel Food Pudding.

Sugar $\frac{3}{4}$ cup. Raisins $\frac{1}{2}$ cup.
Pecans (chopped) $\frac{3}{4}$ cup. Apples (finely cut) 1 cup.
Baking powder 1 Eggs (separated) 3.
teaspoon. Flour 2 tablespoons.
Almond extract $\frac{1}{2}$ Vanilla $\frac{1}{2}$ teaspoon.
teaspoon.

Mix together the sugar, apples, raisins and pecans and add to this mixture the three beaten egg yolks and flavoring; now add the flour mixed with the baking powder, and last the three stiffly beaten egg whites. Bake for 30 minutes at 350 degrees. Serve with whipped cream.

MRS. D. JULIAN BLOCK.

Apple Bread Pudding.

Apples (tart) 4. Bread crumbs (fine) 1 cup.
Coconut (shredded) 1 cup.
1 cup. Brown sugar 1 cup.
Cinnamon $\frac{1}{2}$ tea- Butter 4 tablespoons.
spoon

Place a layer of apples in a greased baking dish (have apples peeled, cored and thinly sliced). Cover with crumbs and coconut. Sprinkle with sugar and dot with butter. Repeat until all ingredients are used, finishing with coconut. Bake covered in moderate 350-degree oven for 25 minutes. Uncover and bake 10 minutes longer to brown the coconut. Serve with plain cream.

MISS VIDA B. BUTCHER.

Apple Crumb Cake.

Flour $\frac{1}{2}$ cup. Apples (tart) 6 (more if small).
Brown sugar 1 cup. if small.
Butter 3 tablespoons.

Slice pared and cored apples into a buttered baking dish. Mix sugar, flour and butter together thoroughly. Cover apples with this mixture. Bake in a slow oven 45 minutes. Serve with plain or whipped cream.

MRS. C. D. SLOCUM.

Apple Dumpling.

Flour 2 cups. Baking powder 2
Salt 1 teaspoon. teaspoons.
Milk $\frac{3}{4}$ cup. Lard 1 tablespoon.
Butter 1 tablespoon.

Sift dry ingredients and work in shortening. Add milk and roll into a rectangular sheet $\frac{1}{2}$ inch thick and a little longer than wide. Brush with melted butter and sprinkle with 2 tablespoons brown sugar and 1 teaspoon cinnamon. Peel and chop 6 or 8 apples. Roll up like a jelly roll and cut into 12 slices. Lay slices in well-buttered pan and cover with the following sauce:

Sugar 1 cup. Water (boiling) 1 cup.
Butter 1 tablespoon. Lemon (rind, grated
Flour 1 tablespoon. and pulp sliced) 1.
Salt $\frac{1}{2}$ teaspoon.

Mix the above well and boil 3 minutes. Pour over dumplings and bake 30 minutes. Serve hot or cold.

T. EITZENHOEFER.

Apple Dumpling.

Baking apples (tart) 5. Flour 2 cups.
Baking powder 2 Milk $\frac{1}{2}$ cup.
teaspoons. Pinch of salt.
Butter 2 tablespoons.

Sift dry materials, rub in butter with fingertips, add milk but stir very little. Divide dough into 5 portions, roll each on floured board until large enough to cover apples which have been peeled and cored. Place apple in dough, fill cavity with sugar and

cover apple with dough. Place several inches apart in hot oven in large pan, reduce heat half when dumplings are brown and baste with a sauce made of:

Water 3 cups. Sugar $1\frac{1}{2}$ cups.
Butter $\frac{1}{2}$ cup.

Boil for a few minutes before adding to the dumplings. When serving surround dumpling with its own sauce and serve hot with cream.

MRS. W. A. RANKE.

Apple Pudding.

Flour 1 cup. Egg 1.
Baking powder $\frac{3}{4}$ Apples (medium sized,
teaspoon. ripe) 3.
Salt $\frac{1}{4}$ teaspoon. Sugar 3 tablespoons.
Shortening 2 table- Cinnamon $\frac{1}{2}$ teaspoon.
spoons. Raisins, 1 tablespoon.
Milk $\frac{1}{2}$ cup. Marshmallows 6.

Sift the flour, baking powder and salt together. Cut in the shortening. Add the milk and beaten egg. Mix well. Drop tablespoons of batter into well-greased muffin pans. Peel apples and cut in halves and core. Place $\frac{1}{2}$ on each batter and, with cut side up, fill cavity with sugar, cinnamon and raisins. Bake in hot oven, 400 degrees, for 25 minutes. Place marshmallow on top of each apple and put back in oven to brown. Serve hot with plain or whipped cream.

MRS. ELSIE D. SCHOENLAU.

Apple Pudding and Oatmeal.

Apples (cut in Egg 1
eighths) 1 pint. Vanilla $\frac{1}{2}$ teaspoon.
Sugar $\frac{1}{4}$ cup. Milk $\frac{1}{2}$ cup.
Cinnamon $\frac{1}{4}$ tea- Rolled oats $\frac{1}{2}$ cup.
spoon. Baking powder 2 tea-
Shortening $\frac{1}{2}$ cup. spoons.
Brown sugar $\frac{1}{2}$ cup. Flour $\frac{1}{2}$ cup.
Salt $\frac{1}{4}$ teaspoon.

Arrange apples in bottom of greased baking dish. Sprinkle with sugar and cinnamon. Cream sugar and shortening, add well-beaten eggs and vanilla. Beat well. Add milk alternately with oats and flour, baking powder and salt mixture. Pour over apples and bake in a 350-degree oven for 40 minutes.

MARGARET SMITH.

Apple and Raisin Bread Pudding.

Apples (chopped) 4 Bread crumbs (soft)
cups. 3 cups.
Sugar $\frac{1}{2}$ cup. Nut meats (chopped)
Butter (melted) 2 $\frac{1}{2}$ cup.
tablespoons. Raisins (chopped) $\frac{1}{2}$
Nutmeg. cup.
Cinnamon 1 teaspoon.

Mix the above ingredients together and bake 45 minutes in 350-degree oven.

MRS. E. M. JESSUP.

Apple Strudel.

Flour 1 pint. Salt $\frac{1}{2}$ teaspoon.
 Sugar 1 tablespoon. Egg 1.
 Few drops vinegar. Water (lukewarm).

Use enough water to knead without being sticky; knead until it bubbles. Put 2 bowls large enough to cover into warm oven. When warm put it over this dough for $\frac{1}{2}$ hour. Change bowls as it cools.

Butter (melted) 6 Apples.
 tablespoons. Sugar 1 cup.
 Bread (dried) or soda Cinnamon 2 table-
 crackers. spoons.
 Raisins.

Peel and slice several apples, roll dried bread in 2 tablespoons butter. Wash and dry some small raisins. Mix sugar with cinnamon and 2 tablespoons butter. Strew a lunch cloth with flour, take dough and stretch it thin. Brush with remaining melted butter, crumbs, apples, cinnamon and sugar raisins. Roll in cloth as jelly roll and shape into figure of snail. Place it into a large pan on melted butter and bake in moderate oven 1 hour.

MRS. MARY CONWELL.

Apple Surprise.

Baking apples (red, Sugar.
 large) 5. Nutmeg or cinnamon.
 Raisins (chopped). Nut meats (chopped).
 Lemon peel (grated).

Cut off tops of apples and scrape out the pulp without breaking the peel. Mix the pulp with sugar, chopped raisins, nutmeg or cinnamon and a little grated lemon peel and chopped nut meats. Use ingredients in quantities taste may dictate. Fill apple shells with this mixture. Put on covers. Put in baking pan. Pour over a light sugar sirup. Bake till tender, basting with the sirup. Serve with whipped cream.

MRS. CHARLES B. DENNIS.

Apricot Pudding Baked.

Egg 1. Flour 1 cup.
 Butter (melted) 2 Sugar 1 cup.
 tablespoons. Milk $\frac{1}{4}$ cup.
 Apricots (cooked Salt $\frac{1}{2}$ teaspoon.
 and drained) 2 Baking powder 1 tea-
 cups. spoon.
 Vanilla $\frac{1}{2}$ teaspoon.

Beat egg, add sugar and beat till creamy. Sift flour, salt and baking powder, add milk alternately a little at a time, add butter and vanilla. Put apricots in a greased baking pan and pour batter over. Bake in moderate oven $\frac{1}{2}$ hour. Serve hot with

apricot sauce. Put through a sieve 1 cup apricots and add 1 tablespoon lemon juice and 1 cup apricot juice and 2 tablespoons cornstarch. Cook thick.

MILDRED ROSE DYSTRUP.

Apricot and Raisin Souffle.

Dried apricots 2 Sugar $\frac{1}{2}$ cup.
 cups. Water (cold) $1\frac{1}{2}$ cups.
 Seeded raisins Butter 3 tablespoons.
 (ground) $\frac{1}{2}$ cup. Flour 2 tablespoons.
 Cornstarch 2 table- Eggs 3.
 spoons.

Soak apricots in $1\frac{1}{2}$ cups water until fruit is softened. Cook a few minutes. Drain off $\frac{3}{4}$ cup juice and press pulp through sieve. Mix together raisins and apricot pulp and cook a few minutes. Melt the butter, add flour and cornstarch, a pinch of salt, blend and add apricot juice gradually. Cook until smooth and clear, stirring constantly. Beat into the mixture the sugar, cool a little and add yolks of eggs beaten lightly. Fold in stiffly beaten whites. Bake in buttered and floured pudding dish, standing in pan of boiling water until mixture is firm in center. Serve with apricot sauce. Stir 2 tablespoons sugar in $\frac{3}{4}$ cup apricot pulp, fold in $2\frac{1}{2}$ cups whipped cream beaten very firm. Serve cold.

MARGARET SCHNITZ.

Black Walnut Date Pudding with Caramel Sauce.

Eggs 4. Farina cereal $\frac{1}{4}$ cup.
 Salt $\frac{1}{4}$ teaspoon. Black walnut meats
 Granulated sugar $\frac{1}{2}$ cup.
 $\frac{1}{2}$ cup. Dates (chopped fine)
 Cracker crumbs $\frac{3}{4}$ cup.
 (graham and Baking powder $\frac{1}{2}$ tea-
 white mixed, finely spoon.
 rolled) $\frac{1}{2}$ cup.

Beat egg yolks until light. Mix together salt, sugar, baking powder and farina and add to egg yolks and beat for 2 minutes with a round egg beater. Then add successively cracker crumbs, walnuts and dates. Mix well. Lastly fold in stiffly beaten egg whites. Bake 15 minutes in well-greased shallow tin in moderate oven. Cut into squares and serve with sauce while pudding is warm:

Brown sugar 2 Nutmeg $\frac{1}{4}$ teaspoon.
 cups. Butter 1 tablespoon.
 Salt $\frac{1}{4}$ teaspoon. Condensed milk $\frac{3}{4}$
 Whipping cream cup.
 (stiffly beaten) 1 Vanilla 1 teaspoon.
 cup.

Place sugar, salt, nutmeg, milk and vanilla and butter in saucepan and mix well before placing over fire.

Boll mixture slowly until a very soft ball is formed between the fingertips when a small amount is dropped into a cup of cold water. Remove from fire and allow to cool and thicken. When cool, beat in the stiffly whipped cream. Serve cold on the warm pudding. Alternate layers of caramel sauce and pudding in parfait glasses. Top with whipped cream and candied cherry. Serves 6.

CLARA E. DAVISON.

Bread Pudding.

Bread crumbs 1 pint.	Lemon 1.
Milk 1 quart.	Butter 2 tablespoons.
Eggs 4.	Figs 1 cup.
Powdered sugar 1 cup.	Granulated sugar 1 cup.

Mix the bread crumbs, boiled milk, sugar, yolks of eggs and rind of lemon thoroughly; add chopped figs. Place in buttered baking dish, top with butter and bake in moderate oven 1 hour. Beat whites of eggs with powdered sugar and juice of lemon for frosting. Remove pudding from oven, spread with raspberry jam, cover with frosting, return to oven and brown.

MRS. L. W. SILVERMAN.

Bread Pudding with Apple Sauce.

Cinnamon ½ tea-	Bread crumbs 1 quart.
spoon.	Butter ¼ pound.
Sugar 1 cup.	Apple sauce 1½ quarts.

Grind or roll bread into fine crumbs. Put 2 tablespoons butter on frying pan over moderate fire. As it starts to brown put in bread crumbs quickly. Stir and keep stirring from bottom of pan until the crumbs are a golden brown, adding more butter as needed. Into buttered pudding pan put first a layer of bread crumbs, then a layer of apple sauce, sprinkle well with sugar and a little cinnamon, then the crumbs again and so on till filled, then with the crumbs on top. Sprinkle over a little sugar and a few bits of butter, put in hot oven 30 minutes. Serve with cream or milk.

MRS. F. ANDREN.

Bread Pudding, Jelly and Marshmallows.

Milk 2 cups.	Butter 1 tablespoon.
Bread (dry) 1 cup.	Egg 1.
Sugar 3 tablespoons.	Salt ¼ teaspoon.
Orange extract ½	Coconut 2 teaspoons.
teaspoon.	Marshmallows 24.
Marmalade.	

Scald milk, add butter and stale

bread in small pieces. When cool add egg, beaten slightly with sugar, salt and flavoring. Turn into greased baking dish and bake in moderate oven till firm. Cover with marmalade, jelly or jam, then with marshmallows, then with coconut. Bake until delicately brown.

MISS MARY CIMBALUTA.

Bread Pudding, Jelly and Meringue.

Milk 2 cups.	Marshmallows.
Bread (dry) 1 cup.	Butter 1 tablespoon.
Honey 2 tablespoons.	Egg 1.
Gratings of orange	Salt ½ teaspoon.
rind.	Marmalade.

Scald the milk, add butter and bread broken in pieces. Let this mixture cool, add egg slightly beaten with honey, salt and orange rind. Empty into buttered and floured baking dish. Bake at 350 degrees until firm and set. Remove and cover top with marmalade, then a layer of marshmallows and return to oven to bake until a very light brown.

MRS. H. CALKINS.

Brown Betty Pudding.

Butter 1 teaspoon.	Flour 1 cup.
Egg 1.	Cinnamon ¼ teaspoon.
Sugar ½ cup.	Butter (melted) 1 tea-
Milk ½ cup.	spoon.
Apples (or	Baking powder 1 tea-
fruit) 4.	spoon.

Slice the apples and put them in the bottom of a buttered pudding dish. Sprinkle with ¼ teaspoon cinnamon and melted butter. Cream butter and sugar, then add egg, milk, flour and baking powder. Pour this on top of the apples and bake 30 minutes. Serve warm with whipped cream.

MRS. WILLIAM BOYD.

Cake Crumb Custard.

Cake (dry) or	Vanilla 1 teaspoon.
cracker crumbs ¾	Egg yolks 3.
cup.	Pinch of salt.
Sugar 3 tablespoons.	

Beat egg yolks, add sugar, milk, crumbs and other ingredients. Pour into greased custard cups and set in a pan of water in the oven. Bake at 325 degrees until set.

MRS. M. RUSVOLD.

Caramel Apple Pudding.

Apples (cooking) 6.	Brown sugar 1 cup.
Flour ¾ cup.	Butter ½ cup.

Slice apples in bottom of baking dish. Mix remaining ingredients thoroughly and spread over apples. Bake in moderate oven until top is

brown and apples are tender. Serve with cream.

MRS. A. H. NELSON.

Caramel Dumplings.

Sugar (brown) 1 cup. Butter 1 tablespoon.
 Skillet) ½ cup. Water 2½ cups.
 Lemon extract 1 tea- White sugar 1 cup.
 spoon. Pinch of salt.

Add other ingredients to sugar after it is browned and boil 10 minutes.

White sugar ½ cup. Pinch of salt.
 Butter ¼ cup. Baking powder 2 tea-
 Sweet milk ½ cup. spoons.
 Flour (to make a Lemon extract ½ tea-
 drop batter). spoon.

Cream sugar and butter. Add all other ingredients and stir. Drop by spoonfuls into the hot caramel in skillet. Bake in oven 20 minutes at 350 degrees. Serve while hot.

WILMA S. BARR.

Carrot Steamed Pudding.

Suet 1 cup. Carrot (raw) 1 cup.
 Bread crumbs (dry) Egg yolks 4.
 2½ cups. Vinegar 1 tablespoon.
 Brown sugar 1½ cups. Raisins 1 cup.
 Lemon (grated rind Nuts ½ cup.
 and juice) 1. Salt 1½ teaspoons.
 Dates 1 cup. Nutmeg ½ teaspoon.
 Flour ½ cup. Egg whites (beaten
 Cinnamon 1 teaspoon. stiff) 4.
 Cloves ¼ teaspoon.

Run suet, bread crumbs and carrots through food chopper. Beat yolks, add sugar, lemon and vinegar. Mix raisins, dates and nuts with flour. Mix spices and add along with suet, bread crumbs and carrots. Lastly add egg whites. Steam over hot water 3 hours. Serve with fruit sauce or liquid sauce:

Water 1 cup. Sugar 1 cup.
 Lemon (juice and Butter 2 tablespoons.
 grated rind). Nutmeg or sweet sher-
 Cornstarch 1 tea- ry to flavor.
 spoon.

Bring water and sugar to boil. Add cornstarch and mix. When slightly thickened remove from stove. Add lemon juice and nutmeg and butter. Flavor.

MRS. OECELIA RING.

Cherry Pudding. Steamed.

Egg 1. Cherries (red) 1 pint
 Sugar ¼ cup. can.
 Pinch of salt. Flour 1 cup.
 Baking powder 1 tea- Butter (melted) 1 ta-
 spoon. blespoon.
 Milk (rich) ½ cup.

Beat egg until light. Add sugar, then milk alternately with the sifted dry ingredients, flour, salt and baking powder. Lastly add the melted butter. Grease individual molds. Put in a tablespoon of batter, then a large tablespoon of cherries, then another

spoon of batter. Steam 20 minutes in steamer. Serve with:

Butter 1 tablespoon. Nutmeg (grated) ¼
 Cherry juice with 1 teaspoon.
 cup water. Flour ½ tablespoon.
 Sugar ½ cup.

Melt the butter, add the flour and cook 1 minute. Add cherry juice and water (use juice from cherries used in pudding) and sugar. Cook until done, stirring constantly. Flavor with nutmeg.

MRS. A. C. CUNNINGHAM.

Chestnut Pudding.

Chestnuts 2 pounds. Sugar 10 tablespoons.
 Water ¼ cup. Vanilla.
 Cream (whipped).

Wash the chestnuts and make an incision into each about a third of the chestnut. Cover them with water and boil until they are soft, adding more hot water if necessary. When soft take them out of their skins with a knife while still hot. Put through a colander. Cook sugar with water until it threads, mix with chestnut puree, add some vanilla and serve in cocktail glass with whipped cream or put puree through pastry bag.

MRS. ALICE CLARA SANER.

Chocolate Pudding.

Bread flour 1 cup. Salt ½ teaspoon.
 Baking powder 1½ Sugar ½ cup.
 teaspoons. Cocoa 2 tablespoons.
 Cooking oil 2 ta- Egg yolk 1.
 blespoons. Milk ½ cup.
 Nuts (chopped) ½ Currants (washed and
 cup. dried) ½ cup.

Sift dry ingredients, reserving ¼ cup of flour to mix with currants and nuts. Add oil and slightly beaten egg yolks to milk and mix into dry ingredients. Beat until smooth and stir in the floured currants and nuts. Steam 2 hours in tightly covered mold; serve warm with the following sauce:

Sugar 1 cup. Vanilla 1 teaspoon.
 Butter 2 tablespoons. Flour 2 tablespoons.
 Water (boiling) 1½ Salt ¼ teaspoon.
 cups. Egg white 1.

Blend butter into the sugar which has been sifted with flour and salt. Pour boiling water over mixture, stirring constantly, and boil gently for 5 minutes. Just before serving fold in vanilla and stiffly beaten egg white, mixing thoroughly.

MRS. W. F. SHARON.

Coconut Pudding.

Bread crumbs. Milk (scalded) 1 quart.
 Butter (melted) 2 ta- Eggs (beaten) 3
 blespoons. Coconut (shredded) 1
 Sugar $\frac{1}{2}$ cup. cup.
 Orange (grated rind) Hard sauce or whipped
 $\frac{1}{2}$. cream.

Soak the crumbs in the milk for $\frac{1}{2}$ hour, then add melted butter, eggs, sugar and coconut. Flavor with orange rind. Pour mixture in buttered pudding dish and bake in oven 350 degrees until light brown. Serve hot with hard sauce or cold with whipped cream.

MRS. C. A. HUNSAKER.

Cranberry Fritters.

Flour 1 cup. Baking powder 2 tea-
 Salt $\frac{1}{4}$ teaspoon. spoons.
 Egg 1. Powdered sugar $\frac{1}{2}$
 Lemon juice 1 table- tablespoons.
 spoon. Milk 2 tablespoons.
 Cranberries $\frac{3}{4}$ cup.

Mix and sift flour, baking powder, salt and powdered sugar. Beat the egg thoroughly, add milk and beat into dry ingredients. Add lemon juice and cranberries cooked in sirup and mix well. Drop from spoon into hot deep fat and when delicately browned drain on unglazed paper. Dust with sifted powdered sugar and serve with cranberry sauce. MRS. JOHN MILLER.

Steamed Cranberry Pudding.

Shortening $\frac{1}{2}$ cup. Water $\frac{1}{2}$ cup.
 Eggs (beaten) 2. Baking powder 2 tea-
 Salt $\frac{1}{2}$ teaspoon. spoons.
 Flour 2 cups. Cranberries (chopped)
 Sugar 1 cup. $\frac{1}{2}$ cups.

Rub shortening with sugar. Add eggs, water, salt, baking powder mixed with flour and chopped cranberries. Place in well-greased steamer or double boiler. Steam until top is firm. Serve hot with the following sauce:

Cranberries 1 cup. Water 2 cups.
 Sugar $\frac{1}{2}$ cups.

Cook the cranberries in 2 cups water until tender, then put through sieve. Add the sugar and boil until thick.

MILDRED SOUCEK.

Cream Puff.

Water 1 cup. Butter $\frac{1}{2}$ cup.
 Flour (sifted) 1 cup. Eggs 4.

Put water and butter in small pan. When it boils and butter is melted add flour all at once, stirring until dough leaves sides of pan clean. Turn dough into large mixing bowl, add unbeaten eggs one at a time, mixing

and beating until all are used. Drop on baking sheet two inches apart, making 10 puffs. Bake in 500-degree oven 15 to 20 minutes until they begin to brown. Lower heat to 375 degrees and bake altogether 45 minutes. Cool and just before serving cut a small piece off the top of 5 puffs, fill with fresh berries, sprinkle with powdered sugar and top with whipped cream sweetened to taste.

HELEN LANE COLBY.

Danish Apple Cake.

Apples (medium Milk 2 cups.
 sized) 6 or 7. Butter 2 tablespoons.
 Farina $\frac{1}{2}$ cup. Salt $\frac{1}{2}$ teaspoon.
 Sugar $\frac{1}{2}$ cup. Eggs 4.
 Vanilla 1 teaspoon.

Peel and slice apples and cook until soft. Bring milk to boil, add farina and cook in double boiler until thick. Remove from fire, add butter, salt, sugar and vanilla. Then cool. When cool stir in beaten egg yolks and cooked apples, and last the stiffly beaten egg whites. Bake in greased bread pan lined with bread crumbs for 1 hour, moderate heat. Leave in pan until served. Serve in slices, garnished with whipped cream.

MRS. P. LARSEN.

Date Pudding.

Granulated sugar 1 Oranges (cut in small
 cup. pieces) 2.
 Bananas (sliced) 3. Nut meats (chopped)
 Dates (cut small 1 cup.
 pieces) 1 package. Baking powder 1 tea-
 Flour $\frac{1}{2}$ cup. spoon.
 Eggs 3.

Mix sugar, eggs, bananas, oranges, dates, nuts, flour and baking powder. Bake in oven 375 degrees in sheet pan. Will serve 9 generously. Serve with whipped cream.

MRS. CHARLES E. AMICK.

Date Pudding.

English walnut meats Seedless raisins.
 1 cup. Dates 1 cup.
 Sugar 1 cup. Eggs 2.
 Flour 2 tablespoons. Milk 2 cups.
 Baking powder 1 Vanilla 1 teaspoon.
 teaspoon.

Chop dates and nuts. Mix the flour and baking powder and add. Beat the yolks of eggs and add them, then the sugar and milk. Mix all thoroughly and add whites of the eggs, very stiffly beaten. Pour into a pan and bake an hour in moderate oven.

Serve with whipped cream and on each serving put 4 raisins.

MRS. PAUL MUNDE.

Steamed Date Pudding.

Flour 1 cup. Vanilla 1 teaspoon.
Eggs 2. Sugar 1 cup.
Milk 1 cup. Bread crumbs 1 cup.
Dates 1 package. Suet 1 cup.
Baking powder 2 Salt ¼ teaspoon.
teaspoons. Nut meats 1 cup.

Beat the eggs light and add the sugar. Put suet, dates and nuts through the coarse part of grinder, add to sugar and eggs with milk. Then add other ingredients and beat well. Place in well-greased pan and steam 3 hours. Serve with whipped cream.

MRS. V. A. SWETT.

Fig Pudding.

Figs (preserved whole) 1 cup. Egg white 1.
Flour 1½ cups. Baking powder 2½ tea-
spoons. Butter 2 tablespoons. Egg yolk 1.
Sugar ½ cup. Milk ½ cup.
Vanilla ½ teaspoon.

Cream butter and sugar, add beaten egg yolk, then flour, with which baking powder has been sifted, alternately with milk. Fold in stiffly beaten egg white and flavoring. Place half the figs in bottom of well-buttered pudding dish and pour on half the cake batter. Then add remaining figs and pour on half the cake batter. Bake in moderate oven 30 minutes. Serve with whipped cream.

MRS. C. VELDON.

Steamed Fig Pudding.

Figs ½ pound. Sugar 1 cup.
Raisins ½ pound. Sweet milk 1 cup.
Suet 1 cup. Cinnamon 1 teaspoon.
Bread crumbs 2 cups. Cloves ½ teaspoon.
Salt ½ teaspoon. Nutmeg ¼ teaspoon.
Eggs 3.

Put bread, suet, raisins and figs through food chopper. Add spices, sugar, salt and milk. Lastly add well-beaten eggs. Place in well-greased coffee can and steam 3 hours.

LETTIE H. CORNING.

Fruit Cobbler.

Cheese (strong, grated) ½ cup. Pie crust.
Apples (halves, peeled and cored). Butter 1 teaspoon for each serving.
Sugar. Cinnamon.

Add cheese to pie crust and roll crust thin. Cut in squares large enough to fold around halves of apples. Put butter, sugar and sprinkling of cinnamon on each apple and cover. Bake in 450-degree oven 10 minutes, reduce heat to 350 degrees and bake

30 minutes. Ten minutes before done add sirup of 1 cup sugar and ½ cup water boiled for 5 minutes.

MRS. C. BOURNE.

Fruit Cobbler.

Whole-wheat flour 1 Bread flour ¼ cup.
cup. Baking powder ¾ tea-
Salt ½ teaspoon. spoon.
Soda ½ teaspoon. Butter 2 tablespoons.
Brown sugar 2 ta- Sour milk (thick) ½
blespoons. cup.
Egg 1. Pears (large) 5.

Thoroughly mix whole-wheat flour and bread flour, sugar, salt and baking powder. Rub in butter with finger tips, add sour milk to which soda has been added and lastly unbeaten egg. Stir just enough to mix ingredients. Spread in 8-inch square pan. Cover with sliced winter pears, cut not too thin, which have previously been halved, peeled and boiled, sweetened to taste. Then sprinkle with 3 tablespoons of brown sugar, dot generously with butter and dust lightly with cinnamon. Bake in 375-degree oven about ½ hour.

MRS. A. M. RAUENBUEHLER.

Fruit Pudding.

Butter (melted) 3 Sugar 1 cup.
tablespoons. Milk 1 cup.
Egg (beaten) 1. Cream of tartar 2
Flour 1 pint. teaspoons.
Soda 1 teaspoon.

Mix the butter with sugar while still warm, add the remaining ingredients. Then add either 1 cup of cranberries, ¾ cup of ginger cut in cubes, 2 apples sliced thin, raisins or nuts. Bake in an oven 350 degrees 20 to 25 minutes. Serve warm with ½ cup maple sirup added to 1 cup whipping cream beaten stiff.

MRS. JOHN B. CALLIGAN.

Fruit with Batter Pudding.

Sugar 1 cup. Butter 3 tablespoons.
Baking powder 2 Sweet milk 1 cup.
teaspoons.

Mix the above with flour to stiffen batter a little thinner than cake batter, grease a medium-size pan and put in the dough.

Cherries (canned) 1 Sugar 1½ cups.
pint. Water (boiling) 2
Butter 1 teaspoon. cups.
Flour 1 teaspoon.

Thicken the water with the flour and add the remaining ingredients. Pour the dressing over batter and bake 45 minutes.

MRS. EDWARD J. VOKEL.

Ginger Apple Cake.

Apples (large) 6. Sugar $\frac{1}{2}$ cup.
Water $\frac{1}{4}$ cup.

Cut apples into eight pieces each, removing skin and seeds. Make a sirup of the sugar and water and cook the apples in sirup until about half done. Drain off any remaining sirup and spread apples over the bottom of two glass pie plates. Make the following gingerbread and pour over the apple and bake until the gingerbread is done, from 30 to 40 minutes. Serve with creamy sauce.

Molasses $\frac{1}{2}$ cup. Butter $\frac{1}{4}$ cup.
Bread flour $1\frac{1}{4}$ cups. Sugar $\frac{1}{2}$ cup.
Ginger, nutmeg, Egg (well beaten) 1.
cinnamon and Soda 1 teaspoon.
cloves $\frac{1}{2}$ teaspoon Salt $\frac{1}{8}$ teaspoon.
each. Water (hot) $\frac{1}{2}$ cup.

Mix the butter and sugar, add molasses, egg and flour mixed with soda, spices and salt and last add hot water.

Creamy sauce. Lemon extract $\frac{1}{4}$ tea-
Cornstarch 2 table- spoon.
spoons. Powdered sugar $\frac{1}{4}$
Milk (scalded) $\frac{1}{2}$ cup.
cup. Egg 1.
Powdered sugar $\frac{3}{4}$ Pinch of salt.
cup. Vanilla $\frac{1}{2}$ teaspoon.

Add the cornstarch and powdered sugar to the milk and cook in double boiler 15 minutes. Then the yolk of egg until thick, and add to milk mixture gradually, beating all the time. Add the $\frac{3}{4}$ cup powdered sugar, then salt and flavorings, and last the stiffly beaten whites of egg.

MRS. STANLEY KAITIS.

Ginger Cake with Sauce.

Molasses $\frac{1}{2}$ cup. Water (boiling) $\frac{1}{2}$
Fat $\frac{1}{2}$ cup. cup.
Soda $\frac{1}{4}$ teaspoon. Whole-wheat flour 1
Baking powder 2 cup.
teaspoons. Ginger 1 teaspoon.
White flour $\frac{1}{4}$ cup. Egg 1.
Sugar $\frac{1}{4}$ cup.

Cream the molasses, sugar, fat and boiling water. Mix the dry ingredients and add. Beat well, then add the egg and bake in moderate oven.

Cream (whipped) 1 Maple sirup 1 cup.
cup.

Cook the sirup until it forms a ball in cold water. Chill and fold in whipped cream. Serve on squares of hot ginger bread. MRS. W. L. ROSS.

Graham Cracker Pudding.

Graham crackers 12. Apples (chopped) 4.
Butter (melted) 4 Quince jelly or honey
tablespoons. 4 tablespoons.
Water 1 cup.

Roll crackers, add other ingredients and stir well. Put in buttered baking dish and bake 25 minutes at 350 degrees. Serve hot with whipped cream or hard sauce.

MRS. F. E. McCALL.

Grape Nut Pudding.

Grape nuts 1 cup. Milk (hot) $2\frac{1}{2}$ cups.
Dates 1 cup, or Eggs 2.
raisins $\frac{3}{4}$ cup, or Sugar $\frac{3}{4}$ cup.
 $\frac{1}{2}$ cup each.

Pour hot milk over grape nuts and sugar. Separate eggs and add slightly beaten yolks to first mixture. Then add dates or raisins, beat whites stiff and fold them in. Bake in 325-degree oven in buttered baking dish 50 minutes.

Water (boiling) 2 cups. Water $\frac{1}{2}$ cup.
Salt $\frac{1}{4}$ teaspoon. Sugar $\frac{3}{4}$ cup.
Vanilla 1 table- Cornstarch 4 table-
spoon. spoons.
Butter 2 tablespoons.

Add sugar to boiling water in double boiler, then salt. Mix the cornstarch with $\frac{1}{2}$ cup water and add. Stir and boil until sauce is thick and smooth. Cook for 10 minutes, then add butter and vanilla.

MRS. A. P. KREBILL.

Jam Pudding.

Eggs 3. Cloves and cinnamon
Sugar (brown or $\frac{1}{2}$ teaspoon each.
white) 1 cup. Butter $\frac{3}{4}$ cup.
Sour cream or milk Flour $1\frac{1}{2}$ cups.
3 tablespoons. Soda 1 teaspoon.
Baking powder 1 Jam 1 cup.
teaspoon.

Beat the above well and bake slowly. When baked put over the top meringue made with whites of 3 eggs beaten stiff and $\frac{1}{2}$ cup sugar. Brown lightly.

MRS. E. W. FENTON.

Lemon Pudding.

Lemon 1. Water (boiling) 1 cup.
Sugar 1 cup. Flour 1 teaspoon.

Meringue:

Baking powder $\frac{1}{2}$ Egg whites 3.
teaspoon. Sugar 8 tablespoons.

Batter:

Shortening 2 table- Sugar 1 cup.
spoons. Flour $1\frac{1}{2}$ cups.
Egg yolks 3. Baking powder 2 tea-
Milk $\frac{1}{2}$ cup. spoons.

Wash, peel and slice lemon very thin, removing the seeds. Put in baking dish, add sugar mixed with flour and 1 cup boiling water. Cook slowly in oven while preparing batter.

Cream shortening, add sugar and cream again. Add unbeaten egg yolks

and beat thoroughly. Add milk and fold in dry ingredients. Pour in pan containing lemon sirup, but do not stir. Bake in moderate oven, 350 degrees, for 30 minutes. When cool cover with meringue and put in oven to brown.

MRS. J. E. McCORKEILL.

Macaroon Pudding.

Macaroons 2 dozen. Almonds (chopped) $\frac{1}{2}$ cup.
Eggs (slightly beaten) 2. Sugar 2 tablespoons.
Orange juice $\frac{3}{4}$ cup. Milk $\frac{1}{2}$ cup.

Break macaroons in orange juice and let stand for a few minutes. Add eggs, sugar, almonds and milk. Put in baking dish and set dish in pan of hot water. Bake in moderate oven until consistency of custard. Serve with whipped cream, either warm or cold.

MRS. FANNIE W. MORE.

Peach Basket Turnover.

Egg yolks 2. Water (hot) $\frac{1}{2}$ cup.
Sugar 1 cup. Egg whites 2.
Baking powder 1. Flour 1 cup.
teaspoon. Salt $\frac{1}{4}$ teaspoon.
Sliced peaches Vanilla 1 teaspoon.
(drained) 1 can. Brown sugar 1 cup.
Salt $\frac{1}{4}$ teaspoon. Butter 2 tablespoons.

Beat egg yolks and $\frac{1}{2}$ cup sugar together until light. Add hot water and remaining sugar and beat 5 minutes. Fold in stiffly beaten egg whites. Mix and sift flour, baking powder and salt. Add to first mixture and mix well. Add vanilla. Cream brown sugar and butter, add peaches and $\frac{1}{4}$ teaspoon salt, and put in shallow greased baking pan. Pour cake batter over the mixture and bake in hot oven 400 degrees 45 minutes. Turn out and serve with fruit sauce and whipped cream.

MRS. H. M. GREENE.

Peach Scallop.

Peaches (peeled) 6. Sugar $\frac{1}{4}$ to $\frac{1}{2}$ cup
or 7. (for fruit).
Brown sugar $\frac{1}{2}$ cup. Flour $\frac{1}{2}$ cup.
Butter $\frac{1}{4}$ cup.

Slice peaches in baking dish and sprinkle with granulated sugar. Mix brown sugar and flour and cut in butter until mixture is like coarse meal. Sprinkle over peaches and bake in moderately hot oven until peaches are soft and a crisp brown crust has formed on top. It will take about 25 minutes, with increased heat the last 10 minutes to brown the top. Serve with plain or whipped cream, taking out each serving with some crust.

MRS. WAYNE GARD.

Pineapple Pudding.

Grated pineapple 1. Condensed milk (un-
small can. sweetened) 1 small
Sugar to taste (about can.
2 level tablespoons).

Place can of milk in hot water and boil 1 hour. Remove and put into refrigerator overnight. The next day whip as you would whipping cream. Add sugar, grated pineapple and a few marshmallows cut up.

MRS. L. J. SCHULER.

Pineapple Upside-Down Cake.

Butter 2 tablespoons. Brown sugar 1 cup.
Pineapple (drained) Maraschino cherries 9.
5 slices.

Melt butter in a pan. Add the brown sugar and sliced pineapple, arranged in form of a wheel, whole slice in center and halves around with a cherry in center of each hole. Cover with sponge batter.

White sugar 1 cup. Baking powder 1 tea-
Pineapple juice $\frac{1}{4}$ spoon.
cup. Eggs 3.
Flour 1 cup.

Beat the yolks of eggs very light. Add the white sugar slowly and pineapple juice. Mix and add the flour, sifted 3 times with baking powder, and beat. Lastly fold in stiffly beaten egg whites. Bake in a slow oven 45 minutes or until it leaves the sides of the pan. Let set until warm and turn out on a plate on top of the pan and turn both over. Cut and serve with whipped cream. Apricots may be used in place of pineapple.

VERA R. NELSON.

Pineapple Cherry Souffle.

Butter $\frac{1}{4}$ cup. Cherries (canned,
Flour $\frac{1}{4}$ cup. strained) $\frac{1}{2}$ cup.
Milk 1 cup. Sugar $\frac{1}{2}$ cup.
Crushed pineapple Vanilla $\frac{1}{4}$ teaspoon.
 $\frac{1}{2}$ cup. Small pinch nutmeg.
Eggs 3.

Melt butter, add flour and blend thoroughly. Add milk gradually, stirring constantly, bring to boiling point, then add pineapple. Beat egg yolks slightly and mix with sugar and add to mixture. Cook until thickened, being careful not to let mixture boil. Cool slightly, add flavorings and fold in egg whites which have been beaten stiff. Bake in moderate oven. Serve hot with soft custard or whipped cream. Bake 45 minutes.

MINNETTE PARENT.

Plum Pudding.

Raisins 1 pound. Cinnamon 3 ta-
 Sugar 1 pound. spoons.
 Bread crumbs Currants 1 pound.
 (soaked in boiling Beef suet 1 pound.
 water) 1 pound. Flour 1 pound.
 Eggs (well beaten) 4. Citron $\frac{1}{4}$ pound.
 Baking powder 1 Salt 1 teaspoon.
 teaspoon. Nuts (chopped) 1 cup.
 Dates (chopped) 1 Figs (chopped) 1 cup.
 cup. Nutmeg 2 teaspoons.

Pick over suet, chop fine and put in hot soaked bread crumbs to melt. Add the beaten eggs and other dry ingredients sifted together. Flour the nuts, dates, figs, citron, raisins and currants and add and beat well. Souse a cloth in boiling water. Flour it well and pour batter in. Tie the pudding tight, allowing room for swelling. Drop in boiling water and boil 6 hours. Turn on a platter and remove cloth. Cover with a crock before cool to prevent crust forming. Serve with sauce or whipped cream.

MRS. H. W. DOVER.

Popovers.

Swet milk 1 pint. Eggs 4.
 Pinch of salt. Flour 9 tablespoons.

Beat whites and yolks of eggs separately and fold in whites and flour. Bake in gem pans in quick oven. Do not open oven for 20 minutes. Serve with the following sauce:

Powdered sugar 1 Butter 4 tablespoons.
 cup. Water (boiling) 1 ta-
 Egg 1. blespoon.
 Vanilla to taste. Cream (whipped) 1
 cup.

Cream sugar with butter, egg, water and vanilla. Beat well, and add whipped cream. ELLA HENDERSON.

Puff Gems with Sauce.

Cherries (sweetened, Salt $\frac{1}{2}$ teaspoon.
 pitted) 1 quart. Flour 2 cups.
 Sugar 2 tablespoons. Butter $\frac{1}{4}$ cup.
 Baking powder 4 tea- Milk $\frac{3}{4}$ cup.
 spoons.

Drain the juice from the cherries, fill buttered muffin tins half full of cherries, and cover the top with the following:

Mix and sift sugar, flour, baking powder and salt and cut in butter, add milk and stir for soft dough. Roll as for biscuit and cut with cutter. Bake in hot oven 20 minutes and serve with:

Butter $\frac{1}{2}$ cup. Vanilla $\frac{1}{2}$ teaspoon.
 Water (boiling) 2 Sugar 1 cup.
 cups. Flour 2 tablespoons.

Melt butter, stir in sugar and flour

and stir repeatedly so it will brown but not burn, then pour in boiling water and keep stirring until all hard lumps are melted, for several minutes, then stir until it boils and thickens, about 15 minutes in all.

MRS. F. H. SQUIRES.

Pudding and Sauce.

Sponge cake. Egg whites (stiffly
 Powdered sugar 2 beaten) 2.
 tablespoons. Vanilla $\frac{1}{2}$ teaspoon.
 Few grains salt. Powdered sugar 2 ta-
 Egg yolks (beaten blespoons.
 light) 2. Milk (scalding hot) 2
 Vanilla 1 teaspoon. cups.
 Apricots (canned).

Bake a sponge cake in shallow pan. When cool cut in square pieces. Put half a canned apricot on each square. Add 2 tablespoons powdered sugar to stiffly beaten egg whites, add salt and $\frac{1}{2}$ teaspoon vanilla and beat again till stiff. Surround apricot with ring of meringue, and serve with cold custard sauce. Beat the 2 yolks of eggs light with 2 tablespoons powdered sugar, 1 teaspoon vanilla and salt, add scalding hot milk and cook in double boiler until slightly thickened. Serve cold.

MRS. JOHN F. HAUSER.

Pudding and Sauce.

Sponge cake or lady Jelly or canned fruit.
 fingers. Cream or fruit juice.
 Powdered sugar.

Cut thin slices of cake in desired shape. Place between two slices in sandwich style a jelly or canned fruit filling. Place slices together and dust top with sugar. Moisten the sandwich with cream or fruit juice left from canned fruit. Pour hot chocolate sauce over each sandwich just before serving:

Cocoa $\frac{1}{2}$ cup. Water (cold) 1 cup.
 Sugar $1\frac{1}{2}$ cups. Pinch of salt.
 Vanilla 2 teaspoons. Marshmallows 5 or 6.

Mix the cocoa with water, stir in sugar and salt until dissolved. Boil for 5 or 10 minutes. Stir in vanilla and marshmallows. Pour over cake sandwich when ready to serve. Top with whipped cream.

MRS. E. YOUNG RAU.

Baked Prune Pudding.

Brown sugar 2 cups. Flour (sifted) 7 cups.
 Eggs (well beaten) 3. Butter $\frac{1}{2}$ cup.
 Fruit (prunes, etc.) 1 quart. Cloves, cinnamon, aH-
 1 quart. spice 1 teaspoon each.
 Sweet milk (warm) Soda 1 teaspoon.
 $\frac{1}{2}$ cup. Milk 1 quart.

Cream sugar and butter, add eggs,

spices, fruit and soda dissolved in warm milk. Beat again and add remainder of milk, then flour. Beat well. Bake in moderate oven in buttered pan for over an hour. Use sauce of thick cream.

STELLA NORMAN.

Spice Pudding and Apple Sauce.

Sugar $\frac{1}{2}$ cup. Allspice $\frac{1}{2}$ teaspoon.
Cinnamon 1 teaspoon. Baking powder 1 tea-
Salt $\frac{1}{4}$ teaspoon. spoon.
Bread flour 1 cup.

Sift the above 3 times. Add $\frac{1}{4}$ cup butter and mix as pie crust. Drop in 1 egg and start mixing. When it becomes too stiff begin adding $\frac{1}{2}$ cup milk and beat. Put layer of apple sauce in pan about 10 by 10. Cover with layer of batter. Bake at 375 degrees for 45 minutes. Take up in spoons and pile in glasses, dipping over this a caramel sauce and top with whipped cream.

Caramel sauce:

Cornstarch 1 table- Sugar $\frac{1}{4}$ cup.
spoon. Sugar $\frac{1}{4}$ cup.
Water (boiling) 1 Butter 1 tablespoon.
cup. Pinch of salt.

Caramelize the $\frac{1}{4}$ cup sugar, add gradually the boiling water, and when a thin sirup add remaining sugar mixed with cornstarch, then a pinch of salt and the butter.

MRS. PAUL R. EMERY.

Sponge Roll, Black Raspberry.

Eggs 3. Lemon juice 2 table-
Sugar 1 cup. spoons.
Flour 1 cup. Baking powder 1 tea-
Water 3 tablespoons. spoon.

Beat eggs until light, add a few grains of salt and the sugar gradually, beat, then add lemon juice and water and beat. Mix flour and baking powder, fold into egg mixture. Pour into large pan, so the batter is $\frac{1}{4}$ inch thick (have pan lined with paper and greased). Bake 12 minutes in 375-degree oven. Turn out on a towel when done. Trim quickly. Spread with mashed black raspberry and roll. Leave in the towel until cool. Then remove towel, place on platter and cover with whipped cream. Garnish with whole berries. The berry mixture requires 1 pint of berries, picked over and washed. Add

2 tablespoons sugar when they are mashed. Add 2 tablespoons powdered sugar in whipped cream.

MRS. OLGA E. CONN.

Steamed Pudding, Brown Sugar Sauce.

Butter 3 tablespoons. Sugar 4 tablespoons.
Milk 3 tablespoons. Flour (sifted) $\frac{3}{4}$ cup.
Baking powder $\frac{1}{2}$ Egg whites 3.
teaspoon.

Cream butter and sugar, sift flour with baking powder and add alternately with milk; add stiffly beaten egg whites. Steam in individual molds 45 minutes.

Butter $\frac{1}{2}$ cup. Brown sugar 1 cup.
Egg whites 2. Salt $\frac{1}{8}$ teaspoon.
Cream $\frac{1}{2}$ cup. Vanilla 1 teaspoon.

Cream sugar, add brown sugar, beating all the time; add stiffly beaten egg whites and salt. Place in double boiler and heat through. When entirely cold add cream which has been whipped and flavoring.

MRS. DON C. WRAY.

Suet Pudding.

Suet (chopped) $\frac{1}{2}$ Raisins (chopped) $\frac{1}{2}$
cup. cup.
Dark molasses $\frac{1}{2}$ Nuts (chopped) $\frac{1}{4}$ cup.
cup. Soda $\frac{1}{2}$ teaspoon.
Sweet milk $\frac{1}{2}$ cup. Cinnamon $\frac{1}{4}$ teaspoon.
Flour $\frac{1}{2}$ cups. Salt $\frac{1}{4}$ teaspoon.

Combine suet, molasses, milk, raisins and nut meats. Add dry ingredients sifted. Mix well and half fill cans. Close tops firmly and steam 3 hours. MRS. BERTHA HENDERSON.

Raisin Pudding Steamed.

Seedless raisins 1 cup. Walnut meats $\frac{1}{2}$ cup.

Wash and dry the raisins; cut up the nut meats.

Water (hot) $\frac{1}{2}$ cup. Clear sirup 1 cup.
Soda 1 teaspoon. Pinch of salt.
Flour (sifted) $\frac{1}{2}$ Orange peel 1 table-
cups. spoon.
Egg (beaten) 1.

Add the sirup to the water, then the soda, salt and flour sifted together, then add the raisins and nuts, beat well, then orange peel and the egg. Steam in covered pan for 2 hours, uncover and place in warm oven. Serve hot. For sauce cream 1 cup powdered sugar added slowly to $\frac{1}{2}$ cup soft butter. Cream well, add 2 beaten eggs and 1 teaspoon vanilla. Chill thoroughly. Just before serving add 1 cup whipped cream.

MARY E. EGAN.

Raisin Bread Pudding.

Whole-wheat bread crumbs $1\frac{1}{2}$ cups.
Milk (scalded) $2\frac{1}{2}$ cups.
Nutmeg (grated) $\frac{1}{4}$ teaspoon.
Sugar $\frac{1}{2}$ cup.
Egg yolks 3.
Egg white 1.
Salt $\frac{1}{2}$ teaspoon.
Seeded raisins $\frac{1}{3}$ cup.

Meringue:

Egg whites 2.
Pinch of salt.
White sugar 4 table-spoons.
Vanilla $\frac{1}{3}$ teaspoon.
Baking powder $\frac{1}{4}$ teaspoon.

Butter a pudding dish and spread crumbs evenly. Sprinkle raisins over crumbs. Beat egg yolks and 1 egg white in a bowl and beat slightly. Stir in sugar, salt and nutmeg. Mix and stir into this mixture the hot milk. Strain and pour over crumbs and raisins. Set dish in pan of hot water and bake in 375-degree oven 45 minutes or until custard is set. Spread meringue over top and bake 15 minutes longer. (To make meringue, beat egg whites with salt till frothy, add baking powder and beat till stiff, then add sugar and vanilla.)

MRS. M. M. NORMAN.

Raisin Nut Pudding.

Cream of tartar $\frac{1}{4}$ teaspoon.
English walnuts $\frac{1}{2}$ cup.
Raisins $\frac{1}{2}$ cup.
Egg whites 5.
Sugar $\frac{1}{2}$ cup.

Run raisins and nuts through food chopper, using fine cutter. Add $\frac{1}{2}$ cup boiling water and let simmer 10 minutes. Add more water if necessary. Beat whites of eggs stiff, add cream of tartar. Add sugar gradually. Add nut and raisin mixture. Pour into buttered mold and place on folded paper in pan of hot water. Bake about 25 minutes. Serve with cream or with custard made of 3 egg yolks, $\frac{1}{4}$ cup of sugar, and 1 pint of milk.

MRS. E. VAUGHAN.

Rice Pudding.

Rice $1\frac{1}{2}$ cups.
Sugar 4 tablespoons.
Salt 1 teaspoon.
Butter 2 tablespoons.
Nutmeg and cinnamon.
Apricot sirup 1 cup.
Nuts (coarsely chopped) 1 cup.
Dried apricots (cooked) 1 dozen.
Seedless raisins 1 cup.
Marshmallows 1 dozen.

Boil rice with salt. Add sugar when water is absorbed and let cool slightly. Butter a casserole and put half the rice in the bottom, dot with half the butter and a sprinkling of nutmeg and cinnamon, then raisins, nuts, apricots cut fine. Cover with remainder of rice. Pour sirup over

and arrange marshmallows on top. When marshmallows have melted and browned, serve.

MRS. N. A. MILES.

Plain Rice Pudding.

Rice $\frac{1}{2}$ cup.
Salt $\frac{1}{2}$ teaspoon.
Vanilla 1 teaspoon.
Milk $1\frac{1}{2}$ pints.
Sugar $\frac{1}{2}$ cup.

Cook the rice, milk and salt in a double boiler $1\frac{1}{2}$ hours. Remove from the fire and add sugar and vanilla. Chill and serve in sherbets with 1 tablespoon strawberry or red raspberry jam and sprinkle with chopped nuts. Top with whipped cream.

MRS. HOWARD J. PORTER.

Plain Rice Pudding.

Rice $\frac{1}{2}$ cup.
Sugar $\frac{1}{2}$ cup.
Lemon juice 1 table-spoon.
Egg yolks 2.
Powdered sugar 2 tablespoons.
Milk 3 cups.
Lemon rind (grated) 1.
Salt $\frac{1}{2}$ teaspoon.
Egg whites 2.
Lemon extract $\frac{1}{4}$ teaspoon.

Pick rice over, cover with cold water and let stand overnight. Drain, put in double boiler, add milk and cook until rice is soft. Add sugar, lemon rind, lemon juice, salt and egg yolks beaten. Cook until mixture thickens, turn into buttered dish. Beat whites of eggs until stiff and gradually add powdered sugar and lemon extract. Cover top with meringue and brown meringue delicately.

MISS LORETTA KELLY.

Rice Pudding with Raisins.

Milk 1 quart.
Eggs 4.
Sugar 1 cup.
Lemon rind (cut in strips) $\frac{1}{2}$.
Rice $1\frac{1}{2}$ cups.
Butter $\frac{1}{2}$ pound.
Salt $\frac{1}{2}$ teaspoon.
Yellow raisins $\frac{1}{2}$ cup.

Wash rice, then cook in milk and add rind of lemon and salt until rice is soft. Cool. Take butter, sugar and yolks of eggs and mix thoroughly. Stir for 10 minutes constantly. Then add rice and raisins to this mixture and stir it together. Beat the whites of eggs stiff and fold slowly into the mixture and bake.

MRS. A. THASKY.

Rice Pudding with Fruits.

Rice $\frac{1}{2}$ cup.
Milk 1 quart.
Pinch of salt.
Eggs 3.
Sugar 3 tablespoons.
Apricots 1 No. 2 can.
Powdered sugar.
Flavoring.

Boil the rice in the milk, with salt to taste, until very soft. Beat the yolks of eggs with 1 tablespoon sugar and stir into the rice. Flavor with

lemon or vanilla extract and put in well-buttered baking dish. Bake until firm, then remove from baking dish and mix with apricot mixture (apricots pressed through a sieve and sweetened with 2 tablespoons of sugar). Return to baking dish. Beat whites of eggs with powdered sugar until stiff and spread on top of pudding and set in oven to brown the meringue. Serve cold.

MRS. C. S. CRANE.

Rice with Whipped Cream and Fruit.

Cream $\frac{1}{2}$ pint.	Powdered sugar 4 ta-
Few grains of salt.	blespoons.
Strawberries	Nut meats (chopped)
(sliced) $1\frac{1}{2}$ cups.	3 tablespoons.
Rice (boiled, cold)	Marshmallows 15.
1 cup.	

Beat the cream stiff, add sugar and salt. Fold in chopped nut meats and strawberries. Cut marshmallows in bits and add to rice. Fold in above mixture. Chill and serve in parfait glasses.

MRS. ROSE M. MILLER.

Rye Bread Pudding.

Rye bread (toasted,	Citron (finely
grated) 2 cups.	chopped) $\frac{1}{2}$ cup.
Orange peel	Grape juice 1 pint.
(chopped) $\frac{1}{2}$ cup.	Almonds (toasted,
Granulated sugar	chopped) 1 cup.
$1\frac{1}{2}$ cups.	Eggs 8.
Cinnamon (ground)	Cloves (ground) 1
1 tablespoon.	teaspoon.
Nutmeg (grated) $\frac{1}{4}$	Lemon rind 1.
teaspoon.	

Soak the rye bread in one pint of grape juice and let stand. Cream the sugar and yolks of eggs very creamy, add citron, orange peel and almonds and mix thoroughly, then add the spices, lemon rind and stir soaked rye bread in it, then fold in the stiffly beaten egg whites. Mix well and pour in a well-buttered pudding mold, dusted with a few tablespoons grated rye bread. Place a cover over top very tightly and steam for 2 hours, with the water boiling.

MRS. AGNES ZIMMER.

Steamed Pudding.

Egg 1.	Flour $1\frac{1}{2}$ cups.
Molasses (dark) $\frac{1}{2}$	Butter 3 tablespoons.
cup.	Water (hot) $\frac{3}{4}$ cup.
Sugar 4 tablespoons.	Soda 1 teaspoon.

Beat the egg and add the sugar, molasses and melted butter. Add the flour and beat until smooth. Add the soda and boiling water and mix

well. Steam in buttered cups for one hour. Serve with hard sauce or custard.

Steamed Dark Pudding.

Sour milk 1 cup.	Soda 1 teaspoon.
Molasses 1 cup.	Raisins 1 cup.
Butter $\frac{1}{2}$ cup.	Cinnamon 1 teaspoon.
Flour 3 cups.	Allspice $\frac{1}{8}$ teaspoon.

Mix all the dry ingredients, add the melted butter, molasses and sour milk. Add the raisins with the dry ingredients. Mix thoroughly and steam in pound cans for three hours, or in half-pound cans one and one-half hours.

Plain Pudding.

Eggs 2.	Bread crumbs 2 cups.
Milk 1 cup.	Sugar 2 tablespoons.
Nutmeg 1 teaspoon.	Salt $\frac{1}{8}$ teaspoon.

Whip the eggs and add the milk. Mix the bread crumbs, sugar, nutmeg and salt together and add to the milk and egg mixture. Bake in a moderate oven for 25 minutes. Serve with a cream sauce or custard.

Suet Pudding.

Flour 1 cup.	Suet 1 cup.
Bran $\frac{1}{2}$ cup.	Brown sugar $\frac{1}{2}$ cup.
Bread crumbs $1\frac{3}{4}$	White sugar $\frac{1}{2}$ cup.
cups.	Salt $\frac{1}{4}$ teaspoon.
Milk 1 cup.	Baking powder 3 tea-
Nutmeg $\frac{1}{4}$ teaspoon.	spoons.

Chop the suet fine and mix with the flour. Mix all the other dry ingredients together and add to the suet and flour. Add the milk and stir until the batter is smooth. Place in buttered mold and steam one hour.

Chocolate Pudding.

Milk 2 cups.	Dried coconut $\frac{1}{2}$ cup.
Cocoa 2 tablespoons.	Eggs 2.
Salt $\frac{1}{2}$ teaspoon.	Milk 1 tablespoon.
Cornstarch 1 table-	Sugar $\frac{1}{2}$ cup.
spoon.	Vanilla $\frac{1}{2}$ teaspoon.

Scald the milk in the double boiler. Mix the sugar and cornstarch and add to the milk, cook 15 minutes. Beat the egg yolks and dilute with the tablespoon of milk. Add to the milk and cornstarch. Remove from the fire and add the coconut and vanilla and fold in the stiffly beaten whites of eggs. Chill and serve with whipped cream.

EGGS

Eggs are a valuable source of easily digested protein food. They also are a great aid in many of our most common recipes. They give flavor, texture and act as a leavening agent in many recipes.

The modern cookbook will give no high temperatures for cooking delicate protein foods such as eggs.

The terms "soft-boiled" and "hard-boiled" have become as extinct as the dodo. We now speak of "soft-cooked" or "hard-cooked" eggs. These terms mean cooking in water below the boiling point the number of minutes necessary to obtain the required degree of coagulation. Temperatures for coagulation are from 135 degrees to 160 degrees Fahrenheit.

One should always use eggs in the diet and take advantage of the seasons when they are lowest in cost.

Asparagus and Egg Casserole.

Green asparagus 1 can. Bread crumbs 1 cup. Eggs (hard cooked) 5.

Arrange asparagus around edge of small casserole, then arrange balance in layers with sliced, hard-cooked eggs. Cover with cream sauce made as follows:

Milk 2 cups. Flour 2 tablespoons.
Butter 4 tablespoons. Salt $\frac{1}{2}$ teaspoon.

Melt the butter, add the bread crumbs, then spread crumbs over top of casserole and bake all for $\frac{1}{2}$ hour in moderate oven.

MRS. ANDREW HOPKINS.

Baked Eggs with Cheese.

Eggs 6. Flour 2 tablespoons.
Butter 1 tablespoon. Water (boiling) 1 cup.
Bread crumbs 2. Pepper $\frac{1}{2}$ teaspoon.
tablespoons. Baking soda $\frac{1}{8}$ tea-
American cheese spoon.
(grated) $\frac{1}{2}$ pound. Salt $\frac{1}{2}$ teaspoon.

Melt butter, add flour, salt and pepper. Add boiling water gradually, stirring constantly until smooth. Mix cheese with soda. Break eggs into greased baking dish. Sprinkle with half the cheese and pour over the sauce, cover with remainder of cheese

and top with bread crumbs. Bake in 350-degree oven for 10 minutes.

MRS. VIDA B. BUTCHER.

Eggs Baked with Cheese Sauce.

Butter 1 tablespoon. Milk 1 cup.
Flour 2 tablespoons. Cheese (grated) $\frac{1}{2}$
Salt $\frac{1}{4}$ teaspoon. cup.
Pepper 1-16 teaspoon.

Mix butter, add flour, salt and pepper and mix well. Add milk slowly and bring to the boiling point, stirring constantly to avoid lumping. Reduce temperature. Add $\frac{1}{2}$ cup cheese and stir until melted. Put a thin layer of this sauce in bottom of greased baking dish. Break eggs, one at a time, and drop carefully in sauce. Sprinkle with well-seasoned soft bread crumbs, bake in moderate oven 325 degrees until egg whites are firm and crumbs brown, 15 to 20 minutes.

MRS. M. PACLIK.

Baked Eggs with Cheese Sauce.

Cheese (grated). Eggs 6.
Salt, pepper, Sweet cream $\frac{1}{2}$ cup.
cayenne.

Butter the bottom of a baking dish and sprinkle with grated cheese. Break 6 eggs in dish and season. Pour cream over and sprinkle with more cheese. Bake 20 minutes in a moderate oven.

MRS. IVY C. MORGAN.

Baked Hard-Cooked Eggs with Cheese Sauce.

Eggs 6. Milk 2 cups.
Flour 4 tablespoons. Butter 4 tablespoons.
Cheese (grated) 8 Salt and pepper,
tablespoons.

Cook eggs until hard cooked, 25 minutes simmering, peel and set aside while white sauce is prepared; melt butter, add flour and blend, stir in milk gradually, add salt and pepper to taste and let it boil. Remove from the fire, pour $\frac{1}{3}$ in the casserole. Slice 3 eggs and arrange slices in sauce, salt lightly and sprinkle 4 tablespoons cheese over all. Add another layer of white sauce and arrange the sliced eggs as before with cheese. Cover with remaining sauce and bake in moderate oven 15 minutes.

A. M. RUBLE.

Eggs Baked in Cream with Crumbs.

Bread crumbs. Cream or rich milk.
Salt and pepper. Butter.
Eggs. Cheese (grated).

Butter a small ramekin or cup and fill half full of bread crumbs, over which pour cream or rich milk until crumbs are softened, then season with salt and pepper, dot with butter. Break an egg in each cup in crumbs and season. If desired top with grated cheese. Place ramekin in shallow pan of water, cover and cook 4 or 5 minutes. MRS. SARA STUMBAUGH.

Baked Eggs au Gratin.

Eggs (hard cooked) Butter 2 tablespoons.
6. Milk 1 cup.
Flour 3 tablespoons. Cheese (grated).
Salt and pepper.

Shell the eggs and cut them in half lengthwise, placing in shallow baking dish or pie plate, cover with cream sauce. Melt the butter, add flour and seasoning. When well mixed add cold milk and increase the flame. Cook until it becomes thick and creamy. Pour this over the eggs and sprinkle with bread crumbs and grated cheese and place in oven until cheese is toasted, 10 or 15 minutes.

MRS. E. G. SHORE.

Baked Eggs and Ham.

Ham (cold boiled) 1 Bread crumbs 1 cup.
cup. Eggs 6.
Salt and pepper.

Chop the ham fine and mix it with bread crumbs seasoned with salt and pepper. Put the mixture into 6 buttered patty pans, set in a dripping pan with little water, set in oven to heat. When hot take from the oven, break an egg over the mixture in each pan and return to the oven long enough to coagulate the whites.

MRS. MARGARET MILLIKEN.

Baked Egg with Mushrooms.

Eggs 6. Mushrooms 1 medium-size can.
Ham, chicken or Beef (minced) 1 Butter 4 tablespoons.
cup. Milk 1½ to 2 cups.
Flour 4 tablespoons. Pinch pepper, onion,
Salt ¼ teaspoon. salt, paprika.

Melt butter in a pan, stir in flour, blend well, add milk slowly, stirring constantly until a smooth white sauce. Remove from fire, add salt, pepper and onion juice to taste. Butter a casserole and pour in half white sauce, then break into it the eggs.

Sprinkle over the eggs the meat and cut-up mushrooms. Pour over the balance of white sauce, sprinkle with paprika and bake in 350-degree oven 35 to 45 minutes. MRS. J. MARKEE.

Baked Hard-Cooked Egg with Mushrooms.

Eggs 8. Mushrooms (chopped) 16.
White sauce.
Swiss cheese (grated).

Hard cook the eggs, chill, cut in halves and remove yolks. Simmer chopped mushrooms over low fire. When tender mix mushrooms and egg yolks together and fill in each half. Make a white sauce, add the cheese to taste. Pour over eggs after having arranged same on toast. Put in oven to heat. MISS BLANCHE B. HORN.

Baked Egg with Pimento Potatoes.

Potatoes (riced or Pimento (chopped) 3
mashed) 3 cups. tablespoons.
Eggs 5. Salt and pepper.
Bread crumbs (dry) Cheese.
¼ cup.

Mix the pimento in well-seasoned potatoes, place in greased baking dish and make 5 indentations. Into each hole break an egg, dust with salt and pepper, sprinkle with bread crumbs and cheese and bake in moderate oven until eggs are coagulated to suit the taste. LAURA D. NEWTON.

Eggs Baked with Tomato.

Eggs (soft poached) Tomato sauce.
4. Butter.
Cheese (grated).

Place very soft poached eggs on buttered dish. Cover with thick tomato sauce, sprinkle with grated cheese and small bits of butter. Bake for 2 minutes in a hot oven.

MRS. N. V. MITCHELL.

Baked Stuffed Egg.

Eggs 6. Cream sauce 3 table-
Salt and pepper. spoons.
Cream sauce 2 cups. Bread crumbs (but-
Sausage ½ pound. tered).

Hard cook the eggs, remove the shell. Cut a small slice of each top and remove the yolk. Mash the yolks, season and add cream sauce. Cook the sausage and chop it fine, mix with egg yolks and fill whites with mixture. Put 2 cups cream sauce in baking dish, set in eggs, sprinkle crumbs on top and bake light brown.

MISS MARY HASTINGS.

Eggs with Cheese.

Eggs 4. Swiss cheese (grated)
 Cream $\frac{1}{2}$ cup. $\frac{1}{4}$ pound.
 Lettuce leaves. Salt, pepper and pa-
 Butter 1 tablespoon. prika to taste.

Melt the butter, add the unbeaten eggs one by one, add cream, seasonings and cheese. Stir until cheese is melted and serve on toast with crisp lettuce leaves.

MRS. ROSE ROWE.

Clarendon Eggs.

Eggplant 1. Eggs (poached).
 Salt and pepper. Cheese (grated).

Cut a small eggplant in thick slices and boil in salted water 5 minutes. Drain and lay on buttered baking platter. Poach an egg for each slice of eggplant, dust with salt and pepper and a little grated cheese. Then put in the oven to melt the cheese. Serve at once.

EDYTHE DE NORTAN.

Creamed Egg and Meat.

Eggs 6. Parsley.
 Milk 2 cups. Dried beef $\frac{1}{4}$ pound.
 Flour 4 tablespoons. Butter 4 tablespoons.
 Crumbs, triangles of Egg 1.
 toast.

Hard cook and cool 6 eggs. Cut in half lengthwise and dip in beaten egg and crumbs twice. Just before serving time place in frying basket and cook in deep fat until well heated and golden brown. Cut meat fine and frizzle to delicate brown in butter. Stir the flour well into this mixture and add milk and cook well. Place a half hot egg on a triangle of toast, pour sauce over and sprinkle with parsley.

MRS. N. P. GUSTIN.

Creamy Eggs in Basket.

Eggs 5. Bread 1 small loaf.
 Milk 2 cups. Peas 1 cup.
 Flour 4 tablespoons. Lemon juice 1 table-
 Salt $\frac{1}{2}$ teaspoons. spoon.
 Butter or margarine Pepper $\frac{1}{8}$ teaspoon.
 4 tablespoons.

Hard cook eggs, shell and cut in halves lengthwise. Melt 2 tablespoons butter, add to flour and stir till bubbling. Add milk, stirring mixture all the time; add salt and pepper and lemon juice. Lay in pieces of egg and let heat gently. Add remainder of butter and salt to peas, and heat. Remove the crust from the bread and scoop out center to form a basket, leaving a rim $\frac{3}{4}$ inch thick. Fry a golden brown in deep fat, remove and drain. Place layer of peas in bottom

of basket, fill with creamy eggs. Arrange border of peas around the top and serve.

MRS. C. E. JONES.

Eggs a la Creme.

Eggs 6. Cream 6 tablespoons.
 Bread 6 inch-thick Butter 4 tablespoons.
 slices.

Cut bread into rounds with 3-inch cutter. Cut a small ring $1\frac{1}{2}$ inches in diameter and take out enough crumbs to replace with egg. Brush with melted butter and brown in quick oven, 400 degrees. Moisten each with 1 tablespoon cream, break a fresh egg into each, season with salt and pepper and cook in a moderate oven, 300 degrees, until white is set.

MRS. ELIZABETH DUNPHEY.

Creole Eggs.

Mushrooms (large) Tomato (strained) 1
 10. cup.
 Green pepper 1 table- Onion (chopped) 1
 spoon. tablespoon.
 Eggs 6. Butter $1\frac{1}{2}$ tablespoons.

Simmer mushrooms in butter, add onions, pepper and cook a few minutes. Add tomato liquid, heat well. Beat eggs well, pour over ingredients, stirring carefully until eggs are cooked. Serve on toast.

MRS. S. FREEDMAN.

Egg Creole.

Butter 1 tablespoon. Cheese (grated) $\frac{1}{2}$ cup.
 Onion (small) 1. Bread crumbs 1 cup.
 Eggs 6. Salt and pepper.
 Celery 1 stalk. Pimento 1 small can.

Melt butter and cook finely chopped onion and celery until a delicate brown. Pour into baking dish. Drop in the eggs without breaking yolks. Season with salt and pepper and chopped pimento. Cover with the grated cheese and bread crumbs mixed together. Dot with butter and bake about 20 minutes in moderate oven, 325 degrees, or until eggs are firm. Serve with crisp bacon.

MRS. GABRIEL PAYNE.

Egg Croquettes.

Eggs 6. Salt and pepper to
 Butter 4 ounces. taste.
 Onion (chopped) 1 Tomatoes (ripe) 1
 teaspoon. pound.
 Sweet milk $\frac{1}{2}$ cup. Flour 4 ounces.

Hard cook the eggs, shell and rub them through a sieve. Melt butter, add flour and mix well. Add tomato pulp and milk and boil until mixture leaves sides of the pan. Add eggs, onion and seasoning. Spread mix-

ture on wet dish, allow to cool. Form in balls, brush over with well-beaten egg and roll in bread crumbs. Fry in deep fat, drain on brown paper and serve with tomato sauce.

MRS. J. J. O'SHEA.

Egg Croquettes.

Shortening 2 table-
spoons. Milk $\frac{3}{4}$ cup.
Parsley (chopped) 1 Egg 1.
teaspoon. Bread crumbs.
Flour 2 tablespoons.
Salt, pepper and Eggs (hard cooked) 6.
grated nutmeg to Ham or tongue
taste. (cooked) 1 cup.

Chop eggs and mix with ham, parsley and seasoning. Melt lard, stir in flour, then add milk and boil 3 minutes, stirring constantly. Add egg mixture. Cool, then divide into 9 portions and make croquettes. Brush with egg beaten with 1 tablespoon water, roll in bread crumbs and fry in hot shortening.

MRS. CAROLINE JOHN.

Egg Cutlets.

Eggs (hard cooked, Salt $\frac{1}{4}$ teaspoon.
chopped coarse) 6. Pimento (chopped) $\frac{1}{2}$.
Parsley 1 tablespoon. Butter $2\frac{1}{2}$ tablespoons.
Flour $\frac{1}{2}$ cup. Milk (hot) 1 cup.

Melt the butter, stir in the flour, add gradually hot milk, then salt. When egg mixture is cold and well set, form into patties, roll in fine cracker crumbs, dip in beaten egg and again in cracker crumbs. Fry in deep fat until golden brown.

MRS. WILLIAM EHLERDING.

Deviled Eggs.

Eggs 6. Boiled or mayonnaise
Stuffed olives. dressing.

Simmer the eggs 30 minutes. Remove yolks and mash and mix with dressing. When restuffing eggs, put olives in center of yolk.

MRS. M. S. WEBER.

Deviled Egg.

Eggs 6. Butter 1 tablespoon.
Parsley (chopped) Capers (chopped) 1
fine) $\frac{1}{2}$ teaspoon. teaspoon.
Salt $\frac{1}{4}$ teaspoon. Mustard 1 teaspoon.
Pinch of pepper, Lemon juice 1 tea-
sugar. spoon.

Hard cook eggs. Cool, peel and cut them in halves. Take out yolk and mix well with butter, parsley, capers, salt, pepper, sugar, lemon juice and mustard and put back into whites. Place on lettuce leaves and garnish with sardelles and put the stuffed eggs on.

MISS RUTH PUCHER.

Deviled Eggs.

Stuffed olives Eggs (hard cooked) 6.
(minced) $\frac{1}{4}$ cup. Cream 1 teaspoon.
Butter 2 teaspoons. Powdered mustard 1
Vinegar 2 table-
spoons. teaspoon.
Salt $\frac{1}{2}$ teaspoon. Dash of white pepper.

Split eggs lengthwise, remove the yolks. To the yolks add the other ingredients and mix to form a paste. Refill the whites and serve on lettuce.

HELEN FORSYTH.

Creamed Deviled Eggs.

Eggs 5. Pepper $\frac{1}{8}$ teaspoon.
Oil 1 tablespoon. Celery salt $\frac{1}{4}$ tea-
Vinegar 1 tablespoon. spoon.
Worcestershire sauce Onion $\frac{1}{4}$ teaspoon.
1 teaspoon. Toast $2\frac{1}{2}$ slices.
Salt $\frac{1}{4}$ teaspoon. Cream sauce 2 cups.

Hard cook eggs, remove shells, cut in half lengthwise, remove yolks. Mash yolks, mix in other ingredients thoroughly, fill whites with mixture. Make toast and cut in quarter slices. Heat 2 cups of milk to boiling point, mix 1 tablespoon cornstarch with a little water, stir into boiling milk and cook till it thickens. Salt and pepper to taste. Place egg halves on toast quarters. Pour on cream sauce. Sprinkle with paprika.

MRS. D. HALL JR.

Deviled Eggs with Meat.

Pepper, salt and Eggs 5.
mustard. Ham (finely chopped).

Make a hole by cracking and removing the shell at the pointed end of each egg. Insert a skewer and beat up the white and yolk with it until well mixed. Pour a little of the liquid out and add some finely chopped lean ham, seasoned with pepper, salt and mustard, and stir thoroughly. Put eggs into egg cups and stand them in water to reach well up on the eggs. Put on the lid, bring water to boil and simmer until eggs are hard cooked.

MISS TESSIE MICHAELS.

Deviled Eggs on Toast with Cheese Sauce.

Eggs (hard cooked) Cream sauce 2 cups.
Sweet pickles Mayonnaise 1 tea-
(chopped). spoon.
Green olives (finely Strong cheese (grat-
chopped). ed) $\frac{1}{2}$ cup.

Peel and cut in half lengthwise the eggs, remove yolks, crust and add equal amount of green olives and pickles, add mayonnaise. Refill egg

shells. Make cream sauce, and while very hot add the cheese and paprika. Arrange 3 pieces of egg on each of 5 slices of toast, buttered, and pour 2 or 3 large spoonfuls of cheese sauce over. Add dash of paprika and garnish of parsley.

MRS. ALBERTA WOOD.

Hot Deviled Eggs.

Eggs (hard cooked) 8. Ham (finely minced) ½ cup.
Salad dressing. ½ cup.
Bread crumbs (buttered) ½ cup. Thick white sauce 2 cups.

Cut eggs in half lengthwise, remove yolks and mash. Mix with the ham and a small amount of salad dressing. Stuff the eggs with this mixture and press halves firmly together. Put in buttered baking dish, cover with the cream sauce and top with buttered crumbs. Bake until top is slightly brown.

LUCIA K. DOWDALL.

Escalloped Eggs.

Eggs (hard cooked, halved) 4 or 8. Milk 1½ cups.
Butter 1 tablespoon.
Flour 1 tablespoon.

Make a white sauce, melt the butter, blend the flour and add milk gradually. Season with salt, chopped onion and chopped green pepper. Place eggs in buttered baking dish. Cover with sauce. Put bread crumbs and paprika on top. Bake about 20 minutes.

MRS. CHARLES W. CRABTREE.

Raw Eggs Escalloped with Cheese.

Cracker crumbs Eggs 5.
(rolled). Butter.
Cheese (grated).

Generously butter a pie pan, then cover the bottom of pan with crumbs. Break eggs on crumbs and dot eggs with butter, salt and pepper. Add another layer of cracker crumbs and dots of butter; bake in moderate oven to golden brown and sprinkle with grated cheese on top.

MRS. M. RUBY.

Escalloped Eggs and Meat.

Eggs (hard cooked) 6. Medium white sauce 1 cup.
Deviled ham 1 small Green pepper (minced) 1 tablespoon.
can. 1 tablespoon.
Sweet red pepper 1 Crumbs (buttered).
tablespoon.

Quarter the eggs and place in bottom of buttered baking dish. Add the deviled ham to the white sauce and also the peppers. Pour over the

eggs; sprinkle buttered crumbs over top. Place in hot oven to heat through and brown the crumbs.

MRS. WAYNE GARD.

Egg and Fish.

Eggs 5. Toast (buttered
Cream sauce. rounds).
Oysters or flaked fish.

Hard cook the eggs, remove shells, cut a slice from the small ends and remove yolks and part of the whites without breaking the outside whites. Fill the egg cases with oysters or flaked fish and cream sauce. Cover rounds of buttered toast with the yolks, mashed and seasoned with bitter pepper and salt to taste. Place eggs small end down on toast. Serve hot garnished with parsley.

MRS. S. FIMAN.

Egg, Deep Fat Fried with Meat.

Green onions 1 Butter 4 tablespoons.
bunch. Flour 4 tablespoons.
Salt ½ teaspoon. Pepper ½ teaspoon.
Milk 2 cups. Eggs (hard cooked) 5.

Melt the butter and fry the onions very thinly sliced in it for two minutes. Add the flour, salt and pepper. Stir until frothy. Add the milk and stir till smooth and boiling, let boil 2 minutes and set aside over hot water. Peel the hard-cooked eggs, cut off tips and set aside. Slice carefully. Put yolks in a bowl and set rings of white meat aside on a plate. Mash the yolks, add 3 tablespoons chopped cold meat, 3 tablespoons white sauce and 1 tablespoon mayonnaise. Form mixture in small balls, roll in cracker crumbs and fry in deep fat till light brown. For the service place a slice of toast on the plate and pour the cream sauce over it. Diagonally across the toast set 3 rings of egg white. In the center of each ring set the browned ball of egg mixture. Sprinkle finely chopped parsley or grated cheese or chopped pimento over all.

K. CALDWELL.

Eggs a la Goldenrod.

Fresh eggs 6. Butter 1 tablespoon.
Flour 1 tablespoon. Salt ½ teaspoon.
Parsley. Milk 1 cup.

Cook eggs in water just below boiling to prevent toughness until yolks are hard, about 15 or 20 minutes. Make a white sauce of 1 tablespoon

butter melted in saucepan. Stir in the flour smoothly. Add the milk slowly and the salt. Cut open eggs, remove from shell. Place yolks in bowl by themselves. Cut whites in rings and place over bottom of serving platter. Pour hot sauce over the whites, and on top of sauce spread a thick layer of egg yolks pressed through a sieve. Over yolks sprinkle a light garnish of finely chopped parsley.

MRS. NELLIE DE LAY.

Eggs Goldenrod with Ham and Cheese.

Cream sauce.	Toast 4 slices.	
Flour 2 tablespoons.	Ham (minced) 1½	
Butter 2 table-	cups.	
spoons.	Cheese (grated) 1½	
Milk 2 cups.	cups.	
Salt ½ teaspoon.		

Butter the toast and spread first with a layer of ham, then cheese. Make a cream sauce in which whites of 3 hard-cooked eggs have been cut fine and pour this mixture over the toast, ham and cheese. Run the yolks of eggs through a sieve and sprinkle over the mixture. Garnish with parsley.

MRS. LEE PRUITT.

Eggs au Gratin.

Eggs (hard cooked) 3.	Salt and pepper to taste.
Onion (small, finely chopped) 1.	Parsley (chopped) 1
White sauce 1 cup.	teaspoon.
Butter 2 tablespoons.	American cheese (grated) ¼ cup.

Cut eggs in halves crosswise. Remove yolks and stand cups thus formed in ramekins or shallow baking dish. Cream butter and yolks well, add onion, parsley, seasoning and form into balls. Fill egg cups, pour white sauce over, sprinkle with cheese and brown in the oven.

For white sauce melt 2 tablespoons butter, stir in 2 tablespoons of flour and cook until smooth. Add 1 cup milk slowly and cook until smooth. Season with ½ teaspoon salt and ¼ teaspoon pepper.

MRS. ELLA VANOUREH.

Eggs au Gratin.

Eggs 5.	Salt ½ teaspoon.
Butter 1 tablespoon.	Milk 2 cups.
Onion (large, boiled, cold) 1.	Flour 4 tablespoons.
Cheese (grated) 3	Pepper ¼ teaspoon.
tablespoons.	Cracker crumbs ½
	cup.

Simmer the eggs 20 minutes, shell

and cut into quarters. Place in buttered baking dish. Make a white sauce by melting the butter in saucepan, stir into it the flour, add heated milk slowly, blend carefully, season with salt and pepper. Chop the onion and stir into sauce and pour over the eggs. Sprinkle cracker crumbs over the top with grated cheese. Bake in hot oven 15 minutes until crumbs and cheese are slightly brown.

MRS. OSCAR ENGLUND.

Eggs with Hominy, Tomato Sauce.

Hominy 1 cup.	Corn meal 2 table-
Salt ½ teaspoon.	spoons.
Water 1½ cups.	

Boil the above ingredients 1 hour in double boiler. While still hot add 1 tablespoon butter and 2 beaten eggs. Add ½ cup milk. Mix well and bake in well-buttered bread pan ½ hour in hot oven. Serve with:

Onion (sliced) 1.	Green pepper (sliced) 1.
Water ¼ cup.	Canned tomato soup 1
Cooking oil 2 table-	cup.
spoons.	Kitchen bouquet 1
Salt and pepper to taste.	tablespoon.
Mushrooms ½ lb.	

Saute onion, pepper and mushrooms in oil, add soup, water and seasoning. Simmer 5 minutes, then add kitchen bouquet.

MRS. FREDERICK A. WATKINS.

Hard-Cooked Eggs.

Eggs 6.	Butter 9 tablespoons.
Flour 6 tablespoons.	Milk 3 cups.
Salt.	Celery (diced) 2 cups.
Onion (chopped) 1.	Green pepper (chopped) 1.
Tomatoes 1 medium	Bread crumbs.
can.	

Hard cook the eggs and cover with cold water at once. Melt 6 tablespoons butter, add the flour, blend, then add the milk and season with salt and cook until thick, stirring constantly; melt remaining butter in frying pan, add celery, onion and green pepper. Simmer slowly until onion and celery are slightly browned. Add 1 can tomatoes, season with salt and cook slowly until thick in uncovered pan. Stir often. Dice eggs and add to cream sauce. Place layer of cream sauce in buttered baking dish, then layer of tomato sauce, etc. Top with buttered bread crumbs and bake 30 minutes in moderate oven.

MRS. INEZ I. BOTTORFF.

Hard-Cooked Eggs, Cheese on Top.

Eggs (hard cooked) 8 or 8. Butter (melted) 2 tablespoons.
 Flour 4 tablespoons. Milk.
 Cheese (grated).

Shell the eggs, cut in two, line a baking dish and cover with sauce made thus: Melt the butter, blend with the flour and add milk enough to make a medium thick sauce. Pour over eggs and sprinkle grated cheese over top. Bake in moderate oven until cheese browns.

MRS. ARTHUR O'SULLIVAN.

Escaloped Hard-Cooked Eggs, Cheese and Sauce.

Eggs (hard cooked) 6. Bread crumbs (but-tered) $\frac{3}{4}$ cup.
 Parsley (chopped) 1 teaspoon. Cheese (grated) $\frac{1}{2}$ cup.
 Green pepper (chopped) 1 tablespoon. Pimento (chopped) 1 tablespoon.
 White sauce 1 pint.

Slice eggs in casserole, sprinkle with cheese and chopped vegetables and repeat in layers. Cover with sauce and crumbs, bake in moderate oven 30 minutes. For sauce melt 2 tablespoons butter, add 4 tablespoons flour and stir well; add 2 cups scalded milk slowly, stirring constantly until thick.

MRS. E. MORRISEY.

Egg Loaf.

Potato (mashed) 3 level cups. American cheese (grated) 5 tablespoons.
 Onion (chopped) 1 tablespoon. Pimento (chopped) 2 teaspoons.
 Green pepper (chopped) 2 tablespoons. Parsley (chopped) 2 tablespoons.
 Eggs 6.

Mix potato and other ingredients except cheese and eggs. Place in baking dish, hollow out 6 places in mixture and drop an egg in each. Sprinkle top with grated cheese and bake in oven 350 degrees for 25 minutes.

LEONA ENGSTROM.

Eggs and Meat Creamed.

Toast (buttered) 6 rounds. Ham (pan broiled) 6 rounds, thinly sliced.
 Eggs 6. Oil 2 tablespoons.
 Cornstarch 2 tablespoons. Salt $\frac{1}{2}$ teaspoon.
 Paprika $\frac{1}{4}$ teaspoon. Milk $\frac{1}{2}$ cups.
 Juice of half lemon. Mayonnaise (thick) $\frac{1}{2}$ cup.

Keep the ham and toast warm and poach the eggs. Place an egg on top of each slice of ham, cover with sauce and garnish. Add cornstarch to oil, then salt, paprika and milk. When boiling rapidly add lemon juice and mayonnaise.

LILLIE C. MEIMTZ.

Eggs in Nest.

Bread (stale) 1 loaf. Butter (melted) 1 tablespoon.
 Cream or milk $\frac{1}{4}$ cup. Mustard (dry) $\frac{1}{4}$ teaspoon.
 Cheese (grated) 1 cup. Salt $\frac{1}{2}$ teaspoon.
 Pinch of cayenne. Eggs 4.

Take 8 even slices from bread about $1\frac{1}{4}$ inches thick. Cut each slice with large-sized biscuit cutter. With smaller biscuit cutter cut out center of each, leaving a bottom and a rim about $\frac{1}{4}$ inch wide. Place cases under a gentle fire and toast. Brush insides with melted butter and sprinkle layer of grated cheese in each bottom. Break eggs in bowl with mustard and pepper and beat enough to mix, then add cream and beat well. Lastly place cases on baking shelf and fill with mixture. Sprinkle cheese over all and bake in moderate oven until cheese is brown.

MARY E. CORK.

Eggs in Nest.

Eggs 5. Salt and pepper.
 Beat the whites of eggs until stiff, with a pinch of salt. Pile in molds or cups (5). Make a hollow in middle of white and drop in unbroken yolk. Sprinkle with salt and pepper. Spread white back over yolk and place mold in pan of boiling water and cover. Steam for 3 minutes. Remove from mold and place a small piece of butter on top.

MISS LELIA H. KOBS.

Eggs in Nest.

Bread 5 slices. Eggs 5.
 Cheese (grated). Salt and paprika.
 Milk. Butter.

Cut slices of bread a little thick and scoop a hollow in the center of each, leaving the crust as a rim. Grate some cheese, season it with salt and paprika, moisten it with milk and spread the mixture on the bread. Then turn an egg without breaking the yolk into each piece. Dot with butter, bake 10 minutes.

MISS FRANCES E. HICKEY.

Eggs in Nest.

Eggs 6. Salt and pepper.
 Chicken (finely chopped) 1 cup. Toast 6 rounds.
 White sauce: White sauce $\frac{1}{2}$ cup.
 Milk 1 cup. Butter 2 tablespoons.
 Flour 1 tablespoon. Salt $\frac{1}{2}$ teaspoon.
 White pepper $\frac{1}{4}$ teaspoon. Onion juice $\frac{1}{2}$ tea-
 spoon.

Heat the chicken in sauce, spread

each slice of toast with mixture. Beat whites of eggs until very stiff, pile the beaten whites on rounds of toast in the shape of nests. Carefully place one unbroken yolk in each nest. Cook in moderate oven until set. Dust with salt and pepper, serve hot.

MRS. A. FASHINGBAUER.

Eggs in Nest.

Bread 6 rounds. Eggs 6.
Cheese. Butter.
White sauce. Crumbs.

Toast the bread, from which a little of the centers has been removed. Place in buttered dish and sprinkle with grated cheese. Break an egg and drop contents in the center of each. Cover with white sauce, sprinkle with grated cheese and buttered crumbs. Bake until eggs are set.

MRS. A. HUEBNER.

Egg and Noodles.

Fine egg noodles 1 Eggs 6.
package. Salt and pepper.
Tops of green onions (cut fine) 2 Milk $\frac{1}{2}$ cup.
tablespoons. Bacon $\frac{1}{4}$ pound.

Boil noodles until tender, about 20 minutes. Beat the eggs and milk together and add drained noodles. Dice the bacon and fry until light brown. Add the bacon to egg and noodle mixture, then add onions, salt and pepper to taste. Fry in hot lard until brown on both sides, using about 2 tablespoons of mixture to each pancake.

MRS. AUGUST N. MEIER.

Baked Omelet.

Eggs 5. Milk $\frac{1}{2}$ cup.
Bread crumbs $\frac{1}{2}$ Salt $\frac{3}{4}$ teaspoon.
cup. Butter 1 tablespoon.
Pepper $\frac{1}{2}$ teaspoon.

Soak bread crumbs in milk, add beaten egg yolks and seasoning, fold into whites beaten stiff. Butter a baking dish and slip the entire mixture into it carefully and bake in a moderate oven, 325 degrees, 25 minutes. Garnish with parsley.

MRS. S. P. KENNEDY.

Baked Omelet.

Eggs 4. Butter 2 table-
Salt $\frac{1}{2}$ teaspoon. spoons.
Flour $\frac{1}{2}$ cup. Pepper 1-16 teaspoon.
Sugar 1 teaspoon. Milk 3 cups.

Beat eggs well, add sugar, salt, pepper and flour and mix well. Stir milk in gradually. Melt butter in a good-sized skillet, then pour in omelet and

stir over medium gas flame until slightly thickened. Bake in moderate oven until firm and brown on top (about 35 minutes).

MISS MABEL HERRLIN.

Cheese Omelet Indiana.

Butter or fat 2 Cheese (grated) 5 to
tablespoons. 7 tablespoons.
Onion, green pepper, Salt $\frac{1}{2}$ teaspoon.
parsley (chopped) Eggs 4.
2 table spoons Water 4 tablespoons.
each. Pepper $\frac{1}{4}$ teaspoon.
Tomatoes (cooked) 2 Butter $1\frac{1}{2}$ table-
cups. spoons.
Salt $\frac{1}{2}$ teaspoon.

Melt the butter or fat, and in it cook the onion, pepper and parsley until softened, add salt, tomatoes and let simmer 15 minutes. Beat eggs with spoon until stiff, add water, salt and pepper and mix well. Melt $1\frac{1}{2}$ tablespoons butter in omelet pan, pour in egg, shake pan. Run spatula around the edge; when egg is nearly set sprinkle over with grated cheese, roll the omelet and put on dish, pour tomato over and garnish with parsley.

MRS. ELLA HARNES.

Foamy Omelet.

Eggs 4. Milk 4 tablespoons.
Salt $\frac{1}{2}$ teaspoon. Butter 2 tablespoons.
Pepper to taste.

Separate yolks and whites of eggs. Beat yolks until creamy, add seasonings and milk. Beat whites until stiff; cut and fold into yolk mixture. Put butter in frying pan, heat, pour in omelet and cook very slowly. When set and slightly browned, place in broiler oven to dry top. Fold and serve.

HILDA LEUKEL.

Green Pepper Omelet with Cheese.

Eggs 6. Salt $\frac{1}{4}$ teaspoon.
Speck of pepper. Parmesan cheese
Cheese 2 tablespoons. (grated) 2 table-
Green pepper (minced) spoons.
2 tablespoons.

Beat the egg yolks until thick and lemon colored. Add other ingredients omitting butter and egg whites. Beat the egg whites stiff, melt the butter over a low flame. Pour batter into pan (fold whites in yolks) and brown slightly, then fold in half. Set in oven a minute to dry.

MRS. H. CALKINS.

Omelet, Meat and Vegetable.

Fresh pork, veal or Chop suey sauce.
chicken $\frac{3}{4}$ cup. Celery (shredded) $\frac{1}{2}$
Eggs 4. cup.
Bean sprouts 2 cups.

Slice the meat into very thin small

pieces and boil for about 10 minutes in a pan with a little water. Put the onion and celery into the same pan, season with chop suey sauce and salt to taste, then cook all together several minutes. Drain off the liquid and save. Cool off the ingredients, and when cold add beaten eggs and 1 teaspoon cornstarch, mix all together and add bean sprouts. Heat 2 tablespoons shortening in skillet and fry mixture as pancakes. Use liquid for gravy.

MRS. JEAN MILLER.

Omelet and Meat.

Chicken livers 3.	Mushrooms (finely chopped) 1 table-spoon.
Onion juice 10 drops.	Water 3 tablespoons.
Eggs 6.	Dash of pepper.
Salt ¼ teaspoon.	
Butter 2 teaspoons.	

Scald the chicken livers, drain and cover with fresh boiling water and simmer 20 minutes. Drain and cut into cubes. Fry with 1 teaspoon butter, onion juice and mushrooms, until well colored. Beat eggs slightly, add water, salt and pepper. Melt remaining butter in frying pan, turn in eggs; when set spread prepared livers in the center of omelet, fold, turn out and serve.

MRS. E. M. HAHN.

Mushroom Celery Omelet.

Eggs 4.	White mushrooms 1 cup.
Cornstarch 1 table-spoon.	Celery (diced) 1 cup.
Pepper ½ teaspoon.	Milk 1 cup.
Milk ¾ cup.	Butter 1 tablespoon.
Salt ½ teaspoon.	Flour 1 tablespoon.

Separate the eggs, beat the yolks until creamy and the whites stiff. Add the cornstarch, salt, pepper, 1 cup milk to the yolks, fold into the whites, turn into a medium-sized frying pan in which a little grease has been heated and cook until brown on the bottom, lifting occasionally around the edges. Place in oven to set top. Dice celery and cook until tender and drain, add mushrooms and remaining milk and butter and bring to a boil. Thicken with flour paste. Salt and pepper to taste, spread over omelet and serve immediately.

MRS. ELSIE D. SCHOENLAU.

Rice Omelet with Grape Jelly.

Rice (boiled, cold) 1 cup.	Milk 1 cup.
Butter 1 tablespoon.	Eggs 3.
	Salt to taste.

Mix butter and rice, add milk and

heat to warming point. Stir until well blended, then add well-beaten eggs and salt. Melt another tablespoon butter in frying pan, and when rice and milk are boiling hot turn the rice, egg and butter mixture into the frying pan, let it brown about a minute, then place in the oven long enough to set. Remove from oven and spread grape jelly over top of omelet.

MISS CHARLOTTE DABEL.

Spanish Omelet.

Eggs 6.	Pepper ½ teaspoon.
Salt ¾ teaspoon.	Green pepper (chopped) 1 table-spoon.
Fat 1 tablespoon.	
Onion (chopped) 1 table-spoon.	Mushrooms (chopped) 3.
Flour ½ tablespoon.	Celery salt ¼ tea-spoon.
Salt ¼ teaspoon.	
Tomatoes 1 cup.	Speck of pepper.
Milk 6 tablespoons.	

Separate the yolks and whites of eggs, beat yolks until thick and lemon colored. Add the milk, ¾ teaspoon salt and ½ teaspoon pepper. Beat whites until stiff and very dry, and fold into the egg yolk mixture. Melt butter in omelet or frying pan and grease sides and bottom well. Pour omelet into hot buttered pan, spreading it evenly on the surface. Cook over a slow fire until the omelet is golden brown on the under side. Place in a slow oven, 350 degrees, for 5 minutes to dry off top. Loosen from pan, fold and turn on hot platter. Serve with this sauce:

Melt the tablespoon of fat, add green pepper chopped, onion and mushrooms. Cook slowly for 3 minutes. Add flour, celery salt, remaining salt and pepper. Mix well. Add tomatoes and simmer gently until thick.

MRS. C. W. SCHEEF.

Omelet with Squash.

Eggs 5.	Squash (cooked) ½ cup.
Milk ½ cup.	
Butter 1 tablespoon.	Salt ½ teaspoon.
Whole-wheat bread crumbs (soft) ½ cup.	Baking powder ½ tea-spoon.

Beat yolks and whites of eggs separately. Take cooked mashed squash, add melted butter, bread crumbs soaked in milk. Stir until completely mixed, add to beaten yolks, then add salt, lastly fold in stiffly beaten whites of eggs, pour into well-greased

frying pan, cover with a lid and let bake over a low flame, about 20 minutes, or until eggs are set.

MRS. PEARL BENSON

Omelet with Tomato and Cheese.

Bacon (diced) 4 slices.
Eggs 3 (pinch of salt).
Salt 1 teaspoon.
Flour 1 tablespoon.
Tomatoes (medium) 2.
Cheese (grated) $\frac{1}{2}$ cup.
Water (hot) 3 teaspoons.

Fry bacon crisp. Cut tomatoes into half-inch slices and cook tender, dipping first in flour, then covering and cooking in hot bacon. Beat whites of eggs stiff with a pinch of salt added before beating; beat yolks to a froth, add hot water, fold into whites, spread over tomatoes evenly and add grated cheese. Cook covered until eggs are set. Serve with toast fingers.

GERTRUDE FLETCHER.

Egg with Onion Sauce.

Onions 2.
Butter.
Soup stock 1 pint.
Sugar 1 teaspoon.
Apple $\frac{1}{2}$.
Eggs (hard-cooked) 8.
Curry powder 1 teaspoon.
Milk 1 cup.
Cornstarch.

Shred the onions and half an apple and fry in butter, adding the curry powder. Pour in the soup stock and let onions and apple cook until tender. Stir in 1 cup milk, slightly thickened with cornstarch, and 1 teaspoon sugar. Let simmer. Lay in 8 hard-cooked eggs cut in quarters and beat through.

MRS. E. BURCHALL.

Danish Egg Pancake.

Flour 4 tablespoons.
Eggs 4.
Milk 20 tablespoons.
Salt.

Sift flour, add salt. Add milk gradually, stirring until perfectly smooth. Beat eggs separately and add. Brown 4 slices of salt pork or bacon in a skillet and remove; brown 6 triangular slices of bread in butter, then put bacon in skillet again with bread and add batter. Brown well.

MRS. J. O. WEILBY.

Cold Egg Pickled.

Beets (small, red) 6.
Vinegar (weak).
Sugar 1 tablespoon.
Eggs 6.
Salt $\frac{1}{2}$ teaspoon.
Pickling spice 1 teaspoon.
spoon.

Boil the beets until tender. Hard cook the eggs. Clean and slice the beets, shell the eggs. Place together and pour weak vinegar with remaining ingredients over. Let stand over-

night, cut eggs in halves. Cut beets in fancy shapes, arrange eggs and beets on platter. Grate cheese over them and add a dash of paprika.

MRS. T. W. JOHNSON.

Poached Eggs a la Benedict.

Deviled ham 1 can.
Toast 6 rounds.
Parsley (chopped).
Eggs 6.
White sauce 1 cup.

Spread toast generously with deviled ham. While heating white sauce, poach the eggs, put eggs on toast, pour white sauce around and sprinkle with parsley.

KATE WRIGHT.

Poached Eggs with Cheese Sauce.

Bread 5 slices.
Tomatoes (large) 2.
Cheese $\frac{1}{4}$ pound.
Salt, pepper, paprika.
Eggs 5.

Toast the bread lightly, butter and place slices of tomatoes on each slice. Then place a layer of sliced cheese. Sprinkle with salt and pepper and toast under broiler flame. While this is cooking poach the 5 eggs evenly. Remove the toast from the oven and put on individual plates, placing an egg on top of each slice and sprinkle with paprika. Serve hot.

MARY E. ROBERTSON.

Poached Eggs with Cheese Sauce.

Toast (buttered) 5 slices.
Eggs (poached) 5.
Bacon (crisp) 5 slices.

Put toast on serving dish. Put egg on toast and over this pour cheese sauce. Lay slices of bacon on each egg. Serve hot.

Flour 2 tablespoons.
Butter 4 tablespoons.
Milk 1 cup.
Salt $\frac{1}{4}$ teaspoon.
Cheese (grated) $\frac{1}{2}$ cup.
Dash of pepper.

Melt butter in saucepan. Add flour and stir until smooth. Add milk and when hot add cheese and salt. Cook until thick, stirring constantly.

MRS. H. B. THOMSON.

Poached Egg and Ham.

Toast (buttered) 5 rounds.
Salt.
Eggs 5.
Lemon juice $2\frac{1}{2}$ teaspoons.
Ham (cooked) 5 tablespoons.

Cut ham in small pieces. Poach the eggs, adding salt and lemon juice to the water. When poached drain well and lay on toast. Heat ham and arrange around toast, forming a border. Sprinkle a little finely chopped parsley on top and serve.

MRS. T. HAWTHORNE.

Poached Egg and Mushrooms.

Eggs 5. Milk $1\frac{1}{2}$ cups.
 Butter 5 table- Flour 3 tablespoons.
 spoons. Toast (buttered) 5
 Fresh mushrooms 1 slices.
 cup. Top milk $\frac{1}{2}$ cup.
 Peel mushrooms, cut large ones in
 slices and saute in 2 tablespoons but-
 ter. Add remaining butter, sprinkle
 flour over, stir well while cooking 2
 minutes. Add milk and top milk,
 stir until thick, season well. Poach
 eggs, place one on each slice of toast,
 pour sauce over, garnish with parsley.
 ELEANOR HARDIE.

Poached Egg and Tomato.

Bacon 5 slices. Eggs 5.
 Cream of tomato Cheese (grated) or
 soup 1 can. parsley (chopped).
 Cut bacon into small pieces and fry
 until crisp. Pour over it the tomato
 soup. When hot break eggs into mix-
 ture and poach them. To serve, place
 eggs on platter with the sauce around
 them. Garnish with cheese or pars-
 ley.
 MILDRED R. PERRIN.

Egg, Rice and Chicken Liver.

Chicken livers Rice 1 cup.
 (boiled and diced) Onion 1 tablespoon.
 2. Eggs (scrambled).
 Soup stock (well Tomato sauce (thick)
 seasoned) 3 cups. 1 pint.
 Parmesan cheese Butter 3 tablespoons.
 (grated, melted).
 Fry the rice, onion, in butter till
 yellow. Add stock and cook in double
 boiler till liquid is gone and rice is
 soft. Stir in livers browned in butter.
 Make a border of this on platter, fill
 center with scrambled eggs. Garnish
 edge with tomato sauce and parsley
 and sprinkle cheese over all.

MRS. E. REDMAN.

Egg, Rice and Tomato.

Rice (cooked) 4 Salt $\frac{1}{2}$ teaspoon.
 cups. Tomato sauce 2 cups.
 Eggs 6. Cheese (grated) $\frac{1}{2}$
 Bread crumbs (fine, cup.
 dry) $\frac{1}{2}$ cup. Butter $\frac{1}{2}$ tablespoon.
 Put the rice in a buttered baking
 dish and reheat in oven. Make 6 de-
 pressions in surface with a spoon.
 Break an egg into each. Cover with
 tomato sauce in which cheese has
 been melted. Melt the butter, stir in
 the crumbs, then top the dish with
 crumbs. Bake in moderate oven until
 crumbs are brown and eggs are
 cooked.

Tomato (strained) 1 Onion 1 slice.
 cup. Flour 2 tablespoons.
 Pinch of salt. Butter 1 tablespoon.
 Melt the butter, add flour and salt;

blend. Add tomato and onion. Cook
 5 minutes, constantly stirring. Serve
 on rice and egg. LOLLY MAY GILL.

Rice, Eggs, Cheese and Tomato.

Rice (cooked, hot) 1 Paprika $\frac{1}{2}$ teaspoon.
 cup. Cheese (grated) $1\frac{1}{2}$
 Tomato puree $1\frac{1}{2}$ cups.
 cups. Eggs (separately beat-
 Butter 3 tablespoons. en very light) 4.
 Salt $\frac{1}{2}$ teaspoon.

Mix all the ingredients together
 except the eggs; beat in the yolks,
 fold in whites and turn into buttered
 baking dish. Bake until firm in center.
 MISS BETTY HAGAN.

Robin's Nest.

Potatoes 5. Bacon 5 long slices.
 Eggs 5. Butter 1 tablespoon.
 Salt and pepper.

Boil, strain and mash the potatoes
 and a tablespoon of butter and salt to
 taste. Divide into 5 equal parts on
 a greased pan. Arrange the slices
 of bacon loosely around the pota-
 toes and pin together with a tooth-
 pick. Make a deep cavity in the po-
 tatoes and break an egg into it, salt
 and pepper to taste. Bake in hot
 oven till egg is set and bacon done.
 Use a pancake turner to lift nests on
 to plates. Serve immediately, gar-
 nished with slices of dill pickles and
 sprigs of parsley, to represent
 branches and leaves.

MRS. SOPHIA B. POSVIC.

Egg Salad.

Eggs (hard cooked) 6. Water (cold) 8 table-
 Onion (grated) 1 spoons.
 tablespoon. Gelatin $1\frac{1}{2}$ teaspoons.
 Green pepper 1 ta- Parsley (chopped) 1
 ble-spoon. tablespoon.
 Salt 1 teaspoon. Milk (top) or thin
 Mayonnaise 4 table- cream $\frac{3}{4}$ cup.
 spoons.

Peel and rice eggs, cook chopped
 vegetables in 4 tablespoons of water
 with salt for 5 minutes; soak gelatin
 in 4 tablespoons cold water 5 minutes,
 then add hot cooked mixture to gela-
 tin and stir thoroughly. Add to eggs
 with milk and mayonnaise and when
 thick turn into mold and set aside
 to become firm. LILLIAN COFFEY.

Scrambled Eggs.

Toast slices (but- Eggs 4.
 tered). Cream 1 cup.
 Salt and paprika.

Beat the eggs very light and stir in
 a cup of cream, put in chafing dish
 and stir until it thickens without

boiling, season with salt and paprika. Pile up the toast one piece on another, pour this mixture over; serve hot.

OPHELIA E. LAWRENCE BLAIR.

Scrambled Eggs, Bacon and Bran.

Bacon 1 or 2 strips. Eggs (scrambled) 2.
Milk 2 tablespoons. Bran (cooked) 4 table-
Salt and pepper to spoons.
taste.

Cut strips of bacon in half-inch pieces and fry. Add eggs scrambled with milk, bran and seasoning. Fry from 3 to 5 minutes. Serve with jelly.

MISS ANN BORNHOFEN.

Scrambled Eggs, Beef and Cheese.

Brief beef 2 ounces. Tomatoes 1 cup.
Cheese (grated) $\frac{1}{4}$ Dash of cayenne.
cup. Eggs 3.
Butter 2 tablespoons.

Chop the beef fine. Add the tomatoes, cheese, cayenne, the butter melted and when well heated add 3 eggs, well beaten. Cook until eggs are creamy, stirring constantly. Serve on squares of buttered whole wheat toast.

PEARLE Z. DURFEE.

Scrambled Egg and Eggplant.

Eggplant $\frac{1}{2}$. Flour $\frac{1}{2}$ cup.
Butter 4 tablespoons. Eggs 4.
Salt 1 teaspoon. Milk 4 tablespoons.
Paprika $\frac{1}{4}$ teaspoon. Salt and pepper.

Peel and cut the eggplant into half-inch squares. Mix flour with salt and paprika and roll eggplant in the mixture. Melt the butter and fry the eggplant until tender and brown. Add the eggs slightly beaten with milk and seasonings. Cook until set and serve on buttered toast.

G. F. HERINK.

Scrambled Eggs with Grated Cheese.

Eggs 6. Butter 2 tablespoons.
Salt $\frac{1}{2}$ teaspoon. Cheese (grated) $\frac{1}{2}$
Dash of pepper. cup.
Milk $\frac{1}{2}$ cup.

Beat eggs with a fork until they are no longer stringy. Add salt, pepper and milk. Put butter in saucepan, when it bubbles add egg mixture and grated cheese. Cook over hot water until firm but not hard, stirring constantly.

MRS. JOHN SNYDER.

Scrambled Eggs Parfait.

Eggs 10. Salt and pepper to
Water (cold) 1 ta- taste.
blespoon. Green pepper (fresh)
Tomatoes (red, ripe) $\frac{1}{2}$
10 slices. Cracker crumbs.

Scramble the eggs, add salt, pepper, water and green pepper chopped fine.

Fry in butter until slightly brown but still moist. In separate pan place to-mato slices covered with cracker crumbs and fry in butter till slightly brown. Serve eggs in individual servings, flanked with slices of tomato.

MRS. WALTER FLANDORF.

Scrambled Eggs and Tomatoes.

Tomatoes (fresh) 2 Eggs 10.
pounds. Pepper, salt.
Sugar 1 teaspoon. Butter 1 tablespoon.
Green peppers Ham (baked, left
(diced) 2. over) $\frac{1}{2}$ pound.

Stew tomatoes with salt, pepper and sugar; add butter. Fry the cubed ham in butter, remove from pan and add peppers. Fry peppers slowly until tender, then add ham, cook for 5 minutes. Pour 10 eggs into ham and peppers and scramble together. Serve on platter with tomatoes around.

MRS. F. ARDISSOM.

Snow Eggs, Custard Sauce.

Egg whites (beaten Sugar 4 tablespoons,
stiff) 3. Granulated sugar $\frac{1}{2}$
Milk 1 quart. cup.
Flour 4 tablespoons. Egg yolks 4.
Vanilla 1 teaspoon.

Beat 4 tablespoons of sugar into egg whites. Drop mixture into milk which has been heated to boiling point. Allow to cook without permitting milk to boil until eggs are puffed up, when they must be carefully turned to cook on the other side. Skim out and arrange on glass dish. Mix remaining sugar and flour, add to above milk; when thickened add yolks of eggs. Remove from fire, add vanilla and pour around the whites.

PRISCILLA POLLOCK.

Sociable Eggs.

Butter 2 tablespoons. Green pepper
Onion (chopped) 1 (chopped) 2 table-
teaspoon. spoons.
Ham (cooked, Tomato catsup 1 tea-
chopped) 1 cup. spoon.
Cream $\frac{1}{4}$ cup. Eggs 6.

Cook butter, green pepper, onion, tomato catsup and ham two minutes, then add eggs which have been well beaten and mixed with cream. Stir and cook until thick, adding salt and pepper to taste.

CORELLI LUCYLE NELSON.

Custard Souffle.

Eggs 5. Salt $\frac{1}{4}$ teaspoon.
Flour 5 tablespoons. Dash of pepper.
Milk 5 tablespoons.

Put 1 tablespoon lard in skillet on stove. Separate eggs. Beat yolks

with milk, flour, salt and pepper until creamy. Beat whites stiff. Heat fat. Pour yolk into white and fold in. Pour mixture into skillet. When edge of mixture does not break up put it in warmed oven, 300 degrees, 8 or 10 minutes. MRS. FLORENCE EASTMAN.

Fruit Souffle.

Quinces 4. Eggs 4.
Milk $\frac{1}{2}$ cup. Bread crumbs $\frac{1}{2}$ cup.
Lemon 1.

Boil quinces till tender, peel and pass through sieve. Add juice of lemon and a little rind. Stir beaten yolks of eggs into mixture and fold in beaten whites. Bake 20 minutes.

MRS. P. J. NEWTON.

Sour Eggs.

Bacon 6 slices. Flour 2 tablespoons.
Water 2 cups. Vinegar 2 tablespoons.
Salt $\frac{1}{2}$ teaspoon. Eggs 6.

Fry bacon in deep skillet, add flour to fat and brown, add water, vinegar and salt and cook till smooth. Break in eggs one at a time. Cook until set.

MRS. H. C. HAASE.

Eggs and Spaghetti.

Spaghetti $\frac{1}{2}$ pound. Eggs (hard cooked) 5.
Bacon (diced) 3 Onion (chopped) 1
slices. slice.
Flour 2 tablespoons. Tomatoes (strained)
Salt $\frac{1}{2}$ teaspoon. $\frac{1}{2}$ cups.
Green pepper Pinch of cayenne.
(chopped) 1 table- Few grains of nutmeg.
spoon. Parsley (chopped).
Cheese (grated).

Cook spaghetti in boiling salted water until tender, drain and blanch. Slice eggs and warm them in tomato sauce, made by browning the bacon and onion, add flour and tomatoes, then salt, cayenne, green pepper and nutmeg, with grated cheese. Arrange spaghetti on dish with eggs and tomato sauce in center, sprinkle with chopped parsley and serve.

FRANCES LARSEN.

Spinach and Egg.

Spinach (cooked). Eggs (hard cooked) 5.
White sauce. Butter 5 teaspoons.
Salt and pepper.

Line 5 custard cups with spinach, leaving just enough space for the egg. Place egg in spinach, standing it on end, add salt and pepper. Make medium thick white sauce, pour over custard cup till nearly full. Bake in hot oven till hot.

MRS. GEORGE ARNOLD.

Spinach with Egg and Cheese.

Milk 1 pint. Pinch of salt.
Eggs 5. Dash of pepper.
Swiss cheese Fresh spinach $1\frac{1}{2}$
(grated) $1\frac{1}{2}$ cups. pounds.

Scald milk and remove from fire. Beat eggs thoroughly and add them slowly to milk, stirring well. Add salt, pepper, cheese and stir. Pour mixture into buttered molds and cook in water 45 minutes in moderate oven. Garnish plates with spinach and boiled ham wreath. Make a tomato sauce by cooking 1 can tomatoes, 1 onion, 1 pod of garlic, 1 laurel leaf, a pinch of thyme, a sprig of parsley and a pinch of salt together for 30 minutes, then strain.

MRS. G. AILLAND.

Stuffed Egg.

Eggs (hard cooked) Salt, pepper and
6. chopped parsley.
Cream. Pate de fois gras.

Cut the eggs in half lengthwise, put the yolks in mixing bowl and mash, season with salt, pepper and chopped parsley. Add enough cream to make a thick paste, and mix with this an equal amount of pate de fois gras, and when thoroughly blended refill egg whites. Put a dash of paprika and a tiny leaf of parsley on top each egg and serve on a small crisp piece of lettuce.

MRS. F. DE ANGUERA.

Egg Timbales.

Butter 1 tablespoon. Flour 1 tablespoon.
Milk $\frac{3}{4}$ cup. Eggs 3.
Parsley (chopped) 1 Salt $\frac{1}{2}$ teaspoon.
tablespoon. Few grains of celery
Pepper $\frac{1}{2}$ teaspoon. salt.

Make cream sauce of butter, flour and milk. Add to this well-beaten yolks of eggs, then add seasonings. Beat whites of eggs stiff and dry and fold into the first mixture. Turn into buttered ring mold, set in pan of hot water and bake in slow oven until firm. When ready turn on torte plate and fill center of ring with creamed chicken, etc. MRS. FRED GILLESPIE.

Egg Toast, Apple Sauce.

Eggs 2. Sugar $\frac{1}{2}$ tablespoon.
Milk 1 cup. Pinch of salt.
White bread slices. Apple sauce.

Beat the eggs well, add sugar, milk and salt. Spread apple sauce on bread and make sandwich with it. Dip sandwiches in batter and fry golden brown in butter.

MRS. O. A. SUNDSTROM.

FISH

Fish Chowder.

Fresh fish 1½ pounds.
Salt pork 1-inch cube.
Onion (small) ½.
Butter 2 tablespoons.
Salt ½ teaspoon.
Potatoes (sliced) 4.
Milk 1 cup.
Soda crackers 6.
Milk (hot) 2 cups.

Cut salt pork in small pieces, fry with sliced onion for 5 minutes. Par-boil the potatoes 5 minutes. Put a little of the onion fat into a pan. Arrange a layer of fish, cut in small pieces, on fat, then a layer of sliced potatoes. Repeat until all is used. Sprinkle salt and dot butter on each layer. Pour water in which potatoes were cooked and milk into the pot. Bring to boil and simmer 25 minutes. Five minutes before taking up add crackers as top layer, cover and finish cooking.

MRS. MARGARET HORNAL.

Cod Omelet.

Eggs (beaten light) 4.
Salt ½ teaspoon.
Butter 1 tablespoon.
Milk 5 tablespoons.
Codfish or other fresh fish 1 cup.
Parsley (minced) 1 tablespoon.

Melt butter in skillet, pour in mixture, cover pan, cook slowly 5 minutes. Remove cover and flop omelet over and cook long enough to brown. Serve at once garnished with lemon slices.

MRS. LILLIAN G. ROSS.

Codfish Balls, Oyster in Center.

Codfish flakes 14 ounces.
Oysters (medium sized) 10.
Potatoes (mashed) 3 cups.
Eggs 2.

Mix the fish flakes, potatoes and well-beaten eggs and form into balls. Season with pepper and salt. Place one oyster in each fish ball in the center and fry in deep fat.

LORAIN OSTROM.

Rechauffe of Cod.

Cod (boiled, cold) 1 cup.
Salt and pepper.
Flour 1 tablespoon.
Egg whites 2.
Water (boiling) 1 cup.
Butter 1 tablespoon.
Cream 3 tablespoons.

Pick fish into small, even flakes, put in frying pan the boiling water. Season with salt and pepper, stir in butter cut in with the flour. As it simmers add the fish, toss and turn with fork and when smoking hot put in cream. Spread beaten egg

whites on top and set dish in hot oven to cook meringue. Garnish with lemons.

MARION SLUSSER.

Crab Gumbo.

Butter 2 tablespoons.
Green pepper ½.
Rice ¼ cup.
Worcestershire sauce ½ tablespoon.
Salt, pepper and parsley.
Onion (small, diced).
Fish broth 1 quart.
Tomato (large, diced).
Okra (diced) 1 can or ¼ pound.
Meat of 1 large crab or small can crabmeat.

Put butter in saucepan with onion and green pepper. Let simmer until tender, add broth and rice, let boil slowly 15 minutes, then add tomato, okra, Worcestershire sauce and crabmeat. Let all boil slowly for 20 minutes and season with salt and pepper to taste. Sprinkle with parsley and serve. For broth cover bones of any fish with water, add 1 onion, 1 carrot, a bit of parsley, celery and bay leaf. Season and let cook for 30 minutes. Strain.

MRS. ELSIE HANSON.

Crab Cutlets.

Butter 3½ tablespoons.
Milk (rich) 1 cup.
Bread crumbs (soft) ½ cup.
Salt ½ teaspoon.
Paprika ½ teaspoon.
Worcestershire sauce ½ teaspoon.
Flour 4 tablespoons.
Crabmeat 1½ cups.
Onion (grated) ½ teaspoon.

Melt butter, add flour and blend together. Add milk slowly and cook until thick. Then add other ingredients. Let cool and shape into cutlets. Let set until thoroughly cold. Roll in fine bread crumbs, then in egg and roll in crumbs again. Fry in deep fat 3 or 4 minutes each. Serve with tomato sauce.

MRS. U. G. SNYDER.

Finnan Haddie.

Finnan haddie, 2½ pounds.
Spanish onion slices.
Tomato slices.
Butter.

Cut fish into serving pieces, place a slice of tomato on each, then add a thin slice of Spanish onion. Hold in place with toothpicks. Bake in slow oven 25 minutes in enough butter to cover pan well.

MRS. EMMA B. MILLER.

Filet Sole a la Habana.

Flounder filet 5 slices.
Salt 1 teaspoon.
Pepper ¼ teaspoon.
Cracker meal 1 cup.
Egg 1.
Butter or substitute 3 tablespoons.

Wipe fish with damp cloth. Dip fish in beaten egg, then in crumbs to which seasoning has been added. Fry in hot iron skillet in which butter has been melted and slightly browned. Cover and cook over medium fire 10 minutes on each side. Serve with butter and almond sauce.

W. HAMILTON WILDE.

Halibut de Luxe.

Halibut 3 inch slice.
Potatoes (mashed) 1
Lemon 1
Salt and paprika.
Bacon 3 slices.
Oysters (creamed).
Bread crumbs (buttered).
Parsley.

Wipe halibut with wet cloth and place on hot oiled plank. Sprinkle with salt and lay bacon slices across. Put in moderate oven, 325 degrees, for 30 minutes. Remove from oven, slip a knife between fish and skin and lift skin off, also remove bacon. Spread buttered crumbs over top and surround fish with mashed potato nests. Return to oven and leave until crumbs and potato are browned. Then put oysters into potato nests, sprinkle lightly with paprika, garnish with lemon and parsley and serve with hollandaise sauce with minced olives.

MRS. NETTIE TAYLOR.

Halibut Baked with Tomatoes.

Halibut 3 pounds.
Tomatoes (fresh, sliced) 1½ pounds.
Butter ¼ pound.
Cloves 2.
Salt and pepper to taste.
Bread crumbs 2 cups.
Egg plant (medium sized, sliced thin) 1.
Bermuda onions (large, sliced thin) 2.
Stock or water 1 cup.
Bayleaf 1.
Olive oil ½ cup.

Peel and cut eggplant in thin slices. Have tomato slices rather thick. Peel and slice the onions. Fry eggplant in olive oil until brown on both sides. Place in casserole, then a whole piece of halibut which has been rubbed with salt and pepper, bay leaf and cloves, a layer of tomatoes, then layer of bread crumbs, then a layer of onions, with top layer crumbs. Dot with butter and cover. Cook at 350 degrees for 30 minutes, open and pour in stock or water, cover and let it bake 20 minutes longer.

MRS. SUZANNE DE GOUY.

Broiled Halibut.

Anchovy butter or lemon.
Halibut.
Salt and pepper.

Wipe fish well with damp cloth. Brush with melted butter, season with salt and pepper. Broil until brown. Brush with butter, season with salt and pepper, turn and broil on second side. Spread with anchovy butter or serve with lemon when broiled. Fish will flake when it is done.

Butter ½ cup.
Anchovy sauce ½ teaspoon.
Few grains cayenne.
Lemon juice 2 table-spoons.

Cream the butter, stir in the anchovy sauce and remaining ingredients.

MRS. D. G. DAGLE.

Escalloped Lobster.

Lobster 1 large can.
Butter (melted) 2 tablespoons.
Cream 1 pint.
Mushrooms 1 small can.
Juice of 1 lemon.
Flour 3 tablespoons.
Eggs (well beaten) 2.
Salt and pepper to taste.

Pour lemon juice over lobster and let stand. Make a cream sauce with the butter, flour and cream. Let cool and add the eggs, mushrooms and salt and pepper. Combine all, cover with bread crumbs and bake 30 minutes.

MRS. L. P. BRANCH.

Mackerel Souffle.

Butter ¼ cup.
Mackerel (shredded) 1½.
Milk 1 pint.
Flour ½ cup.
Eggs 3.

Melt butter, add flour, stir till well blended in saucepan over fire. Pour the milk in, stirring constantly. Cook to smooth thick cream, add seasonings to taste. Add shredded mackerel, then egg yolks beaten thick, then fold in whites beaten stiff and dry. Turn into buttered baking dish and bake until firm and delicately colored for 45 minutes.

MRS. F. NELSON.

Oyster Chop Suey.

Butter 2 tablespoons.
Onion (chopped) 1 cup.
Celery (diced) 1½ cups.
Mushrooms 1½ cups.
Bean sprouts 2 cups.
Chinese sauce 4 table-spoons.
Oysters 1 pint.

Melt butter, add onions and cook until brown. Add diced celery, bean sprouts and sauce. Cook until celery is tender. Add mushrooms cooked in butter. Add oysters and cook until edges curl. Serve hot.

ANNA WUSTMAN.

Escaloped Oysters.

Rice (cooked) 3 cups. Butter 2 tablespoons.
 Oysters (fresh) 1 Flour 2 tablespoons.
 pint. Milk 1 cup.
 Celery (chopped) 1 Salt $\frac{1}{2}$ teaspoon.
 cup. Pepper $\frac{1}{8}$ teaspoon.

Place alternately layers of rice, oysters and celery in baking dish. Pour over them smooth white sauce made by melting butter, blending with flour, salt, pepper and milk. Bake 20 minutes in hot oven.

MRS. A. C. MCKINLEY.

Minced Oysters.

Oysters 1 quart. Eggs 4.
 Butter 2 tablespoons. Salt and pepper to
 Onion (minced) 2 taste.
 tablespoons. Toast slices 4 or 5.

Drain and cut oysters fine. Beat eggs and add to oysters, also butter, salt, pepper and minced onion. Beat all together. Roll toast slices very fine, add enough oysters to make thick. Cook in double boiler 10 minutes. Put in oyster shells and sprinkle with buttered bread crumbs, put in oven and warm.

MRS. D. A. TRUMBULL.

Salmon en Caisse.

Salmon 1 can. Butter.
 Potatoes (medium sized) 6. Salt to taste.
 Milk. Pepper.

Bake potatoes until tender, remove from oven, cut lengthwise, scoop out center and mash, adding salt, pepper, milk and butter. Then combine with salmon from which bones and skin have been removed, mix well and replace in moderate oven to brown, 15 or 20 minutes.

FRANCES YOUNG.

Salmon Timbales.

Salmon (canned) 1 Eggs 2.
 cup. Cracker crumbs (but-
 Milk 1 cup. tered) $\frac{1}{2}$ cup.
 Bay leaf $\frac{1}{4}$. Parsley 1 sprig.

Line a double boiler with buttered cracker crumbs. Cover with flaked and seasoned salmon. Cover with slightly beaten eggs and milk. Sprinkle with paprika and cook 30 minutes or until custard thickens.

MRS. E. F. WECK.

Fish Turnover.

Fish (cooked, shredded, any kind) 1 Potatoes (boiled,
 cup. cold, chopped fine)
 Salt 1 teaspoon. 1 cup.
 Parsley (minced) 1 Pepper $\frac{1}{4}$ teaspoon.
 teaspoon. White sauce (hot) $\frac{1}{2}$
 Cooking fat 2 table- cup.
 spoons. Beets (hot, diced, but-
 tered).

Mix fish and potatoes together, add salt, pepper and minced parsley. Moisten with white sauce and turn into hot frying pan in which fat has been melted. Let cook slowly until rich brown, fold over like an omelet, serve on hot platter with border of beets and parsley garnish.

MRS. KATE LOWRY.

Shrimp.

Butter 4 tablespoons. Flour 4 tablespoons.
 Curry powder 1 tea- Salt 1 teaspoon.
 spoon. Dash of cayenne.
 Dash of paprika. Catsup 3 tablespoons.
 Milk $\frac{1}{2}$ cups. Parsley (chopped).
 Shrimp $1\frac{1}{2}$ cups.

Melt butter, add flour and curry powder, salt, paprika and cayenne. Stir in milk gradually. When thick and smooth add catsup and shrimp. Serve on steamed rice, sprinkle with parsley.

MRS. C. W. PORT.

Shrimps and Chives.

Shrimps (fresh, raw) Chives (chopped) $\frac{1}{2}$
 $1\frac{1}{2}$ pounds. cup.
 Bread crumbs (fresh) Butter (melted) $\frac{1}{4}$
 $1\frac{1}{2}$ cups. pound.
 Garlic 1 clove.

Wash raw shrimps in cold water but do not remove shells. Place in boiling water to cover well and slowly boil for 15 minutes. Remove from fire and allow cold water to run over them, then remove shells and black vein down back with sharp pointed knife. Set aside in icebox. Chop chives very fine and mix with bread crumbs. Rub dish with clove of garlic. Pour a little butter in dish, arrange shrimps in, sprinkle crumb and chive mixture over shrimps and pour remaining butter over all. Place in oven and heat through and allow to brown slightly but not enough to cook the chives until they change color (10 minutes).

MRS. HAROLD H. BRIGGS.

Shrimp Creole, Rice Ring.

Shrimp 1 pound. Flour 3 tablespoons.
 Mushrooms $\frac{1}{2}$ pound. Onion $\frac{1}{2}$.
 Peas 1 can. Green pepper $\frac{1}{2}$.
 Butter 2 tablespoons. Tomato soup 1 can.
 Salt $\frac{1}{4}$ teaspoon. Paprika $\frac{1}{2}$ teaspoon.

Cook chopped onion and pepper in butter till soft and yellow. Add flour, paprika and salt. Stir till frothy and then add soup. Add mushrooms sauteed in butter, peas and broiled shrimp. Serve in rice ring.

MRS. CLARENCE LOEB.

Baked Trout.

Trout (small, about 2 pounds each) 2
or 3.
Bacon 6 slices.
Flour.

Worcestershire sauce 1 teaspoon.
Salt $\frac{1}{4}$ teaspoon for each fish.

Have fish cleaned and boned, removing fins and tail; flour lightly and sprinkle with salt. Cover the bottom of roaster with cold water, add Worcestershire sauce and sprinkle over with salt. Place 2 slices of bacon on bottom and alternate fish and slice of bacon until fish are used, and top with bacon. Put cover on roaster and start baking in slow oven. Fish should bake 1 to $1\frac{1}{4}$ hours. When about ready to serve take top from roaster and allow fish to brown in broiling oven.

AURORA DYER.

Broiled Trout Balls.

Trout 1 pound.
Whitefish 1 pound.
Onion (large) 1.

Egg 1.
Bread crumbs $\frac{1}{2}$ cup.
Salt and pepper.

Loosen meat from skin and bone. Put in chopping bowl or meat grinder with onion and chop very fine. Add salt, pepper, egg and crumbs, knead together until well mixed. Form into small cakes, put in buttered pan, dot each piece with butter, put under broiler and brown on both sides. Dice medium-sized onion, few slices of carrots, add salt and pepper and put on skin and bones, cover with water and let boil about 30 minutes. Strain and add to broiled fish and bake in moderate oven 30 minutes.

MRS. S. S. BLUMENTHAL.

Filled Trout.

Trout 3 or 4 pounds.
Celery 1 stalk.
Almonds $\frac{1}{4}$ pound.

Parsley 4 large sprigs.
Onion (medium) 1.
Bread crumbs $\frac{1}{4}$ cup.

Scale trout thoroughly and wash. Cut off head and pull skin off. Put other ingredients in food chopper and mix with the following:

Butter (melted) 3 tablespoons.
Nutmeg $\frac{1}{8}$ teaspoon.

Eggs (unbeaten) 3.
Salt 1 teaspoon.
Pepper $\frac{1}{4}$ teaspoon.

Place in fish and sew across top so it is natural looking. Boil in kettle of salted water with 1 tablespoon butter, parsley, celery, onion and 12 slices carrots diced. Put bone in bottom of pan and vegetables on top and curve

fish over. Then add water. Boil 3 hours. Serve with sauce made of liquid in which fish is cooked.

MRS. HARRY LEVY.

Escaloped Tuna with Spaghetti.

Mushrooms 1 small can.
Salt 1 teaspoon.
Tuna fish $\frac{1}{2}$ pound.

Spaghetti $\frac{1}{4}$ pound.
Pimento 1.
White sauce 1 cup.

Cook spaghetti in boiling salted water until tender. Drain and rinse in cold water. Flake the tuna, dice the pimento, add to the spaghetti and mushrooms. Sprinkle with salt. Make a white sauce with 1 tablespoon butter, 1 tablespoon flour, 1 cup milk and salt. Mix all together in buttered baking dish. Top with buttered crumbs and paprika. Bake 20 minutes in moderate oven.

MRS. H. J. JOHNSON.

Tuna, Mock Chicken Pie.

Tuna fish (small size) 1 cup.
Onion (medium) 1.
Butter $\frac{1}{2}$ tablespoon.
Milk $\frac{1}{2}$ cup.
Salt, paprika and pepper.

Potato (medium, diced) 1.
Carrots (diced) 2.
Peas $\frac{1}{2}$ cup.
Flour 1 tablespoon.
Mushrooms 1 small can.

Cook all vegetables together in small amount of water. Make a white sauce by melting butter, adding milk and flour. Add seasoning to sauce. Line baking dish with plain pastry. Fill with vegetables, fish and mushrooms. Pour white sauce over top. Cover with upper crust in which vent holes have been made. Bake in hot oven.

HOPE CALKINS.

Baked Whitefish.

Whitefish (1 fish) 3 pounds.
Bread crumbs (stale) $2\frac{1}{2}$ cups.
Bacon (minced) 2 tablespoons.

Green pepper (minced) 1 teaspoon.
Onion (large, minced) 1.
Bacon 5 slices.
Salt $\frac{1}{2}$ teaspoon.
Pepper.

Mix bread crumbs, minced bacon, green pepper, onion and seasonings and lay on fish. Place a slice of bacon on this and fold over fish. Place on fish rack in baking pan, lay on remaining bacon on top of fish. Bake 30 minutes in 425-degree oven, basting often with fat in pan. Serve with green pepper and lemon slices. For sauce mix together 3 teaspoons chopped green pepper, 3 tablespoons chili sauce and 5 tablespoons mayonnaise.

MRS. ROSE M. SPOHN.

Baked Whitefish.

Whitefish 4 pounds. Bread crumbs 1 pint.
 Butter (melted) 4 Lemon 1.
 tablespoons. Onion (grated) 2
 Parsley (minced) 1 tablespoons.
 tablespoon. Salt ½ teaspoon.
 White pepper ¼ tea- Salt pork (fat) 4
 spoon. slices.
 Oysters (raw) 1 cup.

Clean and bone fish and sprinkle with salt. Make a stuffing of 1 cup bread crumbs, melted butter, minced parsley, grated onion, lemon juice, grated rind of lemon, salt, pepper, ½ cup raw oysters chopped. Fill the body of fish with this stuffing and sew up opening and skewer into half circle. Place on a greased fish sheet on rack in baking pan, cover with salt pork and bake in 450-degree oven. When fish begins to brown add enough hot water to cover bottom of pan and baste fish. Reduce heat to 350 degrees, cook 40 minutes, remove pork, cover the fish with a white sauce, sprinkle with remaining buttered crumbs and bake until crumbs are brown. Remove to hot platter and garnish with remaining oysters fried and slices of lemon sprinkled with minced parsley.

MRS. JERRY E. KELLY.

Broiled Salmon Steaks.

Salmon steaks (fresh) 2 pounds. Lemon juice 1 table-
 Salad oil 2 table- spoon.
 spoons. Salt 1 teaspoon.

Marinate the salmon steaks with oil and sprinkle with lemon juice. Broil five inches from the flame fifteen minutes on each side.

Fish Croquettes.

Tuna 1 cup. White sauce (thick)
 Eggs (hard cooked) 2, ½ cup.
 Bread crumbs ½ Salt 1 teaspoon.
 cup. Cooking fat.
 Egg (raw). Cracker crumbs.

Hard cook 2 eggs and cool. Chop and add to the minced tuna. Add the bread crumbs and salt and then combine these with the white sauce. Form into croquettes, roll in beaten egg and cracker crumbs. Fry until brown in shallow fat or in deep fat.

Frog Legs.

Frog legs 6 saddles. Salt 1 teaspoon.
 Egg 1. Touch of red pepper.
 Cracker crumbs ½ Vinegar 1 tablespoon.
 cup.

Wash the frog legs in water and then sprinkle them with vinegar. Chill with the vinegar on them. Dip in egg and cracker crumbs and saute in fat. Salt after they are turned the first time. Cover and cook until well browned over a low flame.

Codfish Souffle.

Codfish 1 cup. Flour 2 tablespoons.
 Milk 1 cup. Egg 1.
 Cracker crumbs ½ Touch of pepper.
 cup. Butter 2 tablespoons.

Soak the codfish in cold water to remove part of the salt. Make a cream sauce of the butter, flour and milk by melting the butter, adding the flour, and when blended add the milk. Remove from the fire and add the beaten egg. Add the codfish in flakes and place in a buttered baking dish. Cover with cracker crumbs and bake in a medium oven until the crumbs are browned and the egg is cooked.

Tuna and Cucumber Loaf.

Tuna 2 cups. Water 1 cup.
 Cucumber (diced) 1 Vinegar 1 tablespoon.
 cup. Lemon juice 1 table-
 Green pepper ¼ cup. spoon.
 Salt ½ teaspoon. Gelatin 1 tablespoon.

Make a gelatin of the water, vinegar, lemon juice and gelatin powder. Moisten the gelatin and add to the heated water mixture. Cool until it congeals partly, then whip to a stiff foam. Chop and drain the cucumber and flake the tuna. Add the green pepper and salt to the cucumber and fish and then mix through the gelatin. Mold and serve.

Clam Croquettes.

Clams (fat) 12. Onion (small) 1.
 Parsley 2 sprigs. Cornstarch 2 tea-
 Bread crumbs spoons.
 (coarse) 1 cup. Egg 1.

Drain and pass clams through meat grinder with onion and parsley. Take clam juice, boil and skim, then add clam mixture. Thicken slightly with cornstarch mixed with water and stir in bread crumbs. Cool, shape and dip in egg and crumbs. Fry in deep fat.

MRS. GRACE PARLETTE.

FROSTINGS—FILLINGS

The frosting and filling of a cake or dessert pudding add the finishing touch both in flavor and appearance. They keep the cake from losing moisture.

Frosting and fillings should blend in flavor or strengthen a flavor which is in the dessert.

Uncooked Apricot Icing.

Powdered sugar $1\frac{1}{2}$ cups. Lemon juice 1 tea-
spoon.
Apricot pulp (dried, Sweet butter 1 table-
cooked) 4 table-
spoons.

Cream butter, add powdered sugar, lemon and apricots. Beat hard until smooth. If too thick, add a little milk. Spread on cake when cool.

MRS. J. BACHAR.

Caramel Filling.

Sugar 1 cup. Flour $\frac{1}{2}$ cup.
Milk (hot) $1\frac{1}{2}$ cups. Egg yolk 1.
Vanilla $\frac{1}{2}$ teaspoon.

Melt half of the sugar in an iron spider until it looks like sirup. Stir in hot milk gradually. Mix the remaining sugar with the flour, stirring in a little of the hot sugar mixture and add it to the rest. Cook 20 minutes, stir well until it thickens. Add the well-beaten yolk of egg and the vanilla, stirring occasionally, then spread between layers of cake.

MRS. RUDOLPH CONY.

Caramel Frosting.

Granulated sugar Brown sugar $\frac{3}{4}$ cup.
 $1\frac{1}{2}$ cups. Cream $\frac{3}{4}$ cup.
Butter $\frac{1}{2}$ cup. Walnuts (crushed) $\frac{1}{2}$
Marshmallows 8. cup.

Mix all ingredients except marshmallows and nut meats and boil without stirring 13 minutes in a large pan. Add marshmallows and beat until thick enough to spread, then add nut meats.

MRS. H. L. FELDMANN.

Cooked Chocolate Frosting with Egg Yolk.

Chocolate $1\frac{1}{2}$ ounces Water 2½ tablespoons.
or squares. Salt $\frac{1}{4}$ teaspoon.
Butter 1 tablespoon. Confectioner's sugar
Egg yolk 1. $1\frac{1}{4}$ cups.
Vanilla 1 teaspoon.

Cut the chocolate in small pieces and put it in the top part of the

double boiler. Add water and butter. Stir and cook ingredients until well mixed. Add the salt and beaten egg yolk. Stir and cook a minute longer. Remove from fire and add sugar and vanilla. Mix thoroughly and spread on cake.

MRS. A. H. FORD.

Cream Filling, Nuts.

Sugar 1 cup. English walnut meats
Eggs (whole) 3 (or 1 cup.
4 yolks). Flour or cornstarch 2
Milk 2 cups. tablespoons.

Mix sugar and flour together thoroughly and add gradually to well-beaten eggs; add nut meats and stir mixture slowly into milk which has been brought to a boil in double boiler. Stir constantly and cook till thick.

CHARLOTTE OLIVER.

Frosting.

Sugar $1\frac{1}{2}$ cups. Butter 1 teaspoon.
Milk $\frac{1}{2}$ cup. Marshmallows 3.

Boil four minutes and beat until nearly cool, then spread on cake.

MRS. BELLE STARR.

Fruit Filling, Uncooked.

Peanut butter 1 Honey $\frac{1}{2}$ pound.
pound. Orange or grapefruit
Marshmallow cream marmalade 1 cup.
 $\frac{1}{2}$ can.

Mix peanut butter and honey until thoroughly blended, then add marshmallow cream and marmalade. Consistency may be varied by the increase or decrease of the amount of honey used.

V. P. BOYLE.

Uncooked Icing with Egg White.

Fresh strawberries 1 Granulated sugar $1\frac{1}{2}$
cup. cups.
Egg white 1.

Beat the above ingredients with round egg beater until stiff (about 20 minutes). This is a sufficient amount for a 2-layer cake.

FLORENCE HALLA.

Icing Ideas.

Use the coloring bean given with oleomargarine for Halloween frosting. Use chocolate icing for covering and decorate it with frosting colored strongly with coloring bean. Make a pumpkin in the center of cake, using

candies for the eyes, nose and mouth. On the outside edge put alternately long black and orange chuckles to represent candles making the flame of the yellow frosting.

MRS. W. T. WENDT.

Lemon Filling.

Sugar 1 cup. Butter 2 tablespoons.
Juice of 1 lemon Apples (small, grated)
and rind (grated). 2 or 3.

Cook the above about 15 minutes, then set aside and beat in 1 egg yolk. When cool spread between layers of cake. Beat white of egg with powdered sugar to cover top of cake.

MRS. CLARA FREUDENBERG.

Marshmallow Uncooked Filling.

Granulated sugar 6 Egg whites 2.
tablespoons. Marshmallows 15.

Whip egg whites stiff and 2 table-
spoons of sugar, and beat until stiff;
add 2 more tablespoons of sugar and
beat again, then remaining sugar and
when light and very stiff fold in the
marshmallows cut in fourths. Pile
lightly on cake.

MILDRED ROSE DYSTRUP.

Pineapple Filling.

Butter 1 tablespoon. Sugar 1 cup.
Eggs (whole) 2. Flour 1 tablespoon.
Pineapple 1 large Whipping cream 1
can, bottle.

Beat the butter, sugar, eggs and
flour to mix well, add the heated
juice of pineapple and cook until
thick, then cool and add cream
whipped, then the pineapple cut in
small pieces. Use on sponge cake or
in pie.

MRS. ELIZABETH IMHOFF.

Whipped Cream Frosting.

Whipping cream $\frac{1}{2}$ Peanut brittle or al-
pint.monds $\frac{3}{4}$ cup.

Chop the peanut brittle or almonds
fine. Whip the cream. Put half the
nuts into the cream, spread on cake
squares and sprinkle the remaining
nuts on top.

MRS. F. L. FOLLOWY.

Chocolate Frosting.

Confectioner's sugar Water (boiling) 4 ta-
2 $\frac{1}{2}$ cups. blespoons.
Butter 4 table- Cocoa 4 tablespoons.
spoons.

Mix the butter and cocoa through
the sugar until the mixture is smooth.
Add the boiling water to make a
spreading mixture.

Whipped Cream Filling.

Cream $\frac{1}{2}$ cup. Confectioner's sugar
Egg yolk 1. $\frac{1}{4}$ cup.
Vanilla $\frac{1}{2}$ teaspoon.

Whip the cream and add the beaten
yolk. Fold in the confectioner's sugar
and flavor with vanilla. Spread on
cakes at serving time.

Orange Filling.

Powdered sugar 1 Butter 2 tablespoons.
cup. Orange peel (grated)
Orange juice, 5 ta- 1 tablespoon.
blespoons.

Blend the sugar and butter. Add
the grated orange peel and make a
spreading mixture with 5 tablespoons
of orange juice.

Steamed Frosting.

Sugar 2 cups. Cream of tartar $\frac{1}{2}$
Water $\frac{3}{4}$ cup. teaspoon.
Egg whites 3. Vanilla $\frac{1}{2}$ teaspoon.

Cook the sugar and water until it
forms a heavy thread, 238 degrees
Fahrenheit. Whip the egg white and
add the cream of tartar. Add the
sirup to the egg white. Add the
flavoring and then place the pan of
frosting over a pan of water. Cook,
stirring all the time, until the frost-
ing coats the spoon and becomes dull
in appearance. This will hold shape
and harden slowly.

Fig Filling.

Milk $\frac{1}{2}$ cup. Cornstarch 1 table-
Water $\frac{1}{2}$ cup. spoon.
Figs (chopped) 1 Sugar $\frac{1}{4}$ cup.
cup.

Heat the milk and water and add
the sugar and cornstarch mixed to-
gether. Cook until the cornstarch is
clear. Add the chopped figs. Cool
before using as a filling.

Strawberry and Pineapple Filling.

Strawberries 1 cup. Cornstarch 1 table-
Pineapple (crushed) spoon.
1 cup. Butter 1 tablespoon.
Water $\frac{1}{2}$ cup. Sugar 1 cup.

Wash and cut the strawberries.
Add $\frac{1}{2}$ cup of boiling water and $\frac{1}{2}$
cup of sugar and cook until the
berries are tender. Add the butter
and cornstarch mixed together. Cool
and add the drained pineapple. The
pineapple juice may be used for part
of the portion of water in which to
cook the strawberries.

MEATS

The protein which is furnished by the flesh of animals is one of the most necessary foods. In it we have the amino-acids and a splendid source of repair material. There are no other foods which furnish the amino-acids. We have many other valuable protein foods, but they are incomplete in this necessary element.

Protein foods are acid forming, hence we say eat them with a plentiful serving of nonacid foods such as the cooked and fresh vegetables and fruits. Our appetites guide us correctly in the desire to eat a starchy food with a protein.

All meats have a place in the diet and should be used in their proper place.

HAM.

Baked Ham.

Ham 1 thick slice. Brown sugar 1 table-
Mustard (dry) 1 tea- spoon.
Apples 4 or 5. Cider 1 cup.

Wash ham and dry, rub into each side mustard and sugar. Place in roasting pan and bake in slow oven, 250 degrees, for 1½ hours, basting at 15-minute intervals with cider. Then add apples cored and filled with sugar and butter. Continue cooking until apples are tender.

MRS. J. B. O'CONNELL.

Baked Ham, Slice.

Smoked ham 1 slice Fat.
Brown sugar ½ tea- Cream 1 cup.
spoon.

Cut rind from slice of ham, criss-cross fat on both sides with sharp knife and sprinkle ½ teaspoon of brown sugar on each side. Brown nicely on both sides in hot skillet, pour off excess fat and a cup of cream should be poured over ham. Cover and simmer for ½ hour.

MRS. CATHERINE SCHROM.

Baked Ham with Raisin Sauce.

Ham (from larger Raisins.
end) 5 or 6 Brown sugar.
pounds. Ginger ale 1 bottle.
Cloves.

Wash ham and cover with hot water and let simmer 1 hour. Let

ham remain overnight in liquor. Two hours before serving reheat ham, skin, cover fat with brown sugar and stick with cloves. Bake with sugar side up. Pour in ginger ale for basting. Bake in 350-degree oven 2 hours. Keep covered part of the time. Add raisins to sirup in roaster.

MRS. MARION MOSS.

Baked Ham.

Ham (10-pound). Crabapples (spiced) 1
Brown sugar ½ cup. quart.
Cloves 2 tablespoons.

Boil the ham for a few minutes at simmering, then simmer 3 hours. Allow ham to cool in the liquid. When cold, remove the skin and stick cloves in the fat. Then pour the juice of the spiced crabapples over the ham and spread brown sugar on. Bake in slow oven 4 hours. Serve with spiced crabapples.

MILDRED BLOCK.

Ham Patties.

Ham butt (cooked) Potatoes (medium
1½ pounds. sized, boiled) 5.
Onion (small) 1. Egg 1.
Bacon ½ pound.

Put potatoes, ham and onion through meat chopper. Add eggs, mix well and form into patties, put strip of bacon around each, fasten together with toothpick and fry ½ hour.

MRS. JOHN ANDERSON.

Whole Ham with Pineapple.

Ham (8 to 10 Flour 4 tablespoons.
pounds) 1. Cloves (whole) 2 table-
Brown sugar ½ cup. spoons.
Water or vinegar 3 Mustard (dry) ½ tea-
tablespoons. spoon.

Bone ham, remove surplus fat and soak overnight. Drain well, fill cavity with the following:

Pineapple (grated) 3 Bread crumbs (fresh)
cups. 2½ cups.

Brown sugar ¾ cup. Vinegar 4 tablespoons.

Drain pineapple well, saving juice; mix with bread crumbs. Add sugar and vinegar to pineapple juice and save for basting. Sew cavity loosely but firmly, cover with paste of brown sugar, flour, mustard and vinegar. Stick cloves in top and bake slowly in 250-degree oven 4 hours, basting with pineapple juice mixture last hour of cooking.

MRS. W. J. PATCHEN.

Ham and Pineapple Filets.

Ham 5 center cuts. Pineapple 5 slices.
Cloves 20. Pineapple juice.

Cut rounds size of pineapple out of center cuts of ham. Parboil and place in baking pan. Cover each round with slice of pineapple, fill hole with brown sugar and top with small piece of butter. Place 4 cloves at equal distance around pineapple slice. Pour pineapple juice into pan and bake for hour in moderate oven. Add hot water if they become dry.

MISS MILDRED JEAN ATWELL.

Ham Roll.

Ham ¼-inch-thick Bread crumbs (moist) 1 cup.
Cider 1 cup. Salt and pepper.

Mix the crumbs with salt and pepper, then roll up with meat and tie well. Place in pie dish with water enough to cover. Baste often, and as it is used replace with cider. Bake about an hour in 325-degree oven.

MRS. KATHERINE M. CURRAN.

Ham Souffle.

Flour 2 tablespoons. Milk 2 cups.
Bread crumbs ½ cup. Ham (chopped) 2 cups.
Eggs 3. Paprika ½ teaspoon.
Butter (melted) 2 Onion and green pepper (sliced).

Blend the flour and butter. Add the milk and cook until thick. Add the ham, bread crumbs, paprika, beaten egg yolks and onion and green pepper. Fold in the stiffly beaten whites of eggs and bake in 350-degree oven over 25 minutes.

ARNA S. RUFVOLD.

Ham and Spaghetti, Ham Tetrazzini.

Onion (chopped) 1 Butter 2 tablespoons.
tablespoon. Flour 3 tablespoons.
Green pepper ½. Pimento 1.
Ham (cooked, diced) 2 Milk 3 cups.
cups. Egg yolks 2.
Spaghetti (cooked) 2 Mushrooms ½ cup.
cups.

Chop onion fine and cut green pepper in strips; wash and remove skin from mushrooms and cut in small pieces. Melt butter in saucepan and add onion, pepper and mushrooms and cook until slightly browned. Stir often. Add milk and flour mixed with water and cook until it boils. Add ham, spaghetti and pimento and bring to boiling point. Season. Mix slightly beaten egg yolks and stir in carefully. Cook slowly 5 minutes. Garnish with pimento and pepper.

MRS. H. ATCHLEY.

VEAL.**Veal Aspic in Tomato Cups.**

Veal shank 1.	Water 1 quart.
Onion 1.	Carrot 1.
German celery ½.	Lemon (sliced) ½.
Cinnamon ½ stick.	Cloves (whole) 4.
White vinegar 2 tablespoons.	Salt ½ teaspoon.

Cook the above 1½ hours. In the meantime prepare the following:

Tomatoes (medium sized) 5.	Celery 1 stalk.
	Sweet green pepper 1.

Wash the tomatoes, slice off tops and scoop out centers. Wash pepper, remove seeds and cut into small pieces. Clean celery and cut up fine. Take meat, etc., from pan. Strain liquor through jelly bag, cut veal in small pieces, mix thoroughly with celery and pepper and put mixture into tomato cups so they are half full. Then pour liquor into cups, filling them to the brim. Put in icebox until congealed.

ADELE W. SABATH.

Baked Liver and Vegetable.

Bacon.	Liver.
Carrots 2.	Green pepper 1.
Onion (large) 1.	Salt and pepper.

Alternate bacon and floured sliced calf's liver until dish is full. Run carrots, pepper and onion through food chopper and sprinkle on top. Salt and pepper to taste. Pour over 1 cup boiling water. Bake in slow oven 1½ hours.

INEZ RICHARDSON.

Veal Birds.

Veal 6 pieces.	Onion, parsley and chive (chopped).
Bacon slices.	Butter 1 tablespoon.
Salt, pepper.	

Flatten the veal slightly, spread onion, parsley and chive mixture on slices, roll slices with a slice of bacon each in the middle. Tie birds at ends to keep form. Melt butter in pan, arrange birds, season, and cover pan to let roast slowly 20 minutes. Turn birds over once in a while to brown all around. Add 2 glasses of water to stock and let cook 20 minutes longer.

W. RIDDELL.

Veal Birds.

Veal cutlets 6.	Raisins 1 cup.
Hickory nuts 1 cup.	Bacon fat and butter.

Have cutlets cut thin. Grind the raisins and nuts and mix with bacon fat and butter. Roll up and fasten with toothpick. Bake 40 minutes, basting continually with bacon fat.

MRS. H. SCHACT.

Veal Biscuit.

Butter (melted) 1 Baking powder 2
teaspoon. teaspoons.
Potatoes (boiled, 1
mashed) 2 cups. Egg 1.
Flour 1 cup. Salt $\frac{1}{2}$ teaspoon.

Mix the above well and roll out.
Cut round and fill with the follow-
ing:

Veal (ground) 1 Salt and pepper to
pound. taste.
Onion (chopped) 1. Little parsley chopped
Celery 1 stalk. fine.

Roll in balls and bake in oven.

MRS. M. MILLS.

Brain and Sweetbread Croquettes.

Meat from chicken. Flour 3 tablespoons.
Sweetbread (large, Egg 1.
parboiled) 1. Parsley (chopped) 1
Calf's brain 1. teaspoon.
Milk 1 cup. Salt 1 teaspoon.
Butter $\frac{1}{4}$ cup. Pepper $\frac{1}{4}$ teaspoon.

Parboil sweetbreads and brains and
chop fine with left-over chicken
meat. Add egg well beaten. Melt but-
ter, add flour and seasonings; add
milk slowly and cook until smooth.
Combine meat with sauce and set
aside to cool. Shape and roll twice in
egg and cracker crumbs. Fry in deep
fat and drain on brown paper.

MRS. E. M. HAHN.

Breaded Veal and Sauce.

Veal (off the leg) Eggs (well beaten) 2.
 $1\frac{1}{4}$ pounds. Pepper and salt.
Flour. Celery 1 stalk.
Olive oil 1 table- Tomato sauce (con-
spoon. centrated) 1 small
Butter. can.
Walnuts (chopped) Parsley and lemon
 $\frac{1}{2}$ cup. rings.

Cut the meat into 10 small pieces,
flatten into thin cutlets, dip in flour
and then in well-beaten eggs to which
have been added pepper, salt and
olive oil. Fry golden brown. Place
on platter. Make a sauce by cutting
the celery in inch pieces, fry it until
tender, but not brown, in butter. Add
the tomato and season to taste.
Sprinkle $\frac{1}{2}$ cup chopped walnuts,
sauteed in butter a minute, over top
of meat and sauce, add parsley and
lemon rings.

MRS. F. ARDISONS.

Breaded Veal Steak, Mushroom Sauce.

Veal steak (cut 1 Salt $\frac{1}{2}$ teaspoon.
inch thick) $1\frac{1}{2}$ Pepper $\frac{1}{4}$ teaspoon.
pounds. Vinegar 1 tablespoon.
Flour $\frac{1}{4}$ to $\frac{1}{2}$ cup.

Dredge veal in flour, salt and pep-
per. Sear on both sides in hot pan
in bacon drippings, add vinegar and
a bit of water. Cover and place in

moderate oven, 375 degrees, and bake
one hour.

Mushrooms 1 can. Milk (top) 1 cup.
Butter 2 table- Paprika $\frac{1}{8}$ teaspoon.
spoons. Worcestershire sauce
Flour 3 tablespoons. 2 drops.

Saute mushrooms in butter 10 min-
utes. Blend in the flour and add
milk and paprika. When meat is
tender remove it from pan and add
the creamed mushrooms to the stock
and cook 10 minutes. Season with
Worcestershire sauce.

MRS. JACK W. BUTLER.

Veal Cakes.

Veal (cut inch thick) Milk $1\frac{1}{2}$ cups.
 $1\frac{1}{2}$ pounds. Egg.
Cracker crumbs. Bacon 5 slices.

Cut the veal into 5 pieces. Dip in
egg and roll in cracker crumbs. Wrap
a piece of bacon around each piece
and fasten with toothpick. Brown in
spider and pour $1\frac{1}{2}$ cups of milk
over it and bake very slowly $1\frac{1}{2}$
hours.

DAISY ADAMSON.

Mock Chicken Legs.

Veal (off the leg) Pork shoulder (lean)
2 pounds. 1 pound.
Celery 1 stalk. Onion (medium) 1.
Salt and pepper. Butter 1 tablespoon.
Flour 1 tablespoon. Milk 1 cup.
Egg. Cracker crumbs.

Cook veal, pork, celery, onion, salt
and pepper together until tender.
When cool, shred. Make a white
sauce with butter, flour and milk
cooked until thick. Mix meat and
white sauce together, roll into balls
and when very firm roll in egg, then
cracker crumbs twice. Brown in deep
fat. Use a skewer to make it look
like a drumstick, trim with paper
frill. Use stock for gravy.

MRS. ESTHER HALLENBECK.

Liver Croquettes.

Bread crumbs 2 Calf's liver (fried,
cups. minced) 2 cups.
Butter 1 teaspoon. Salt and pepper.
Bacon (chopped, Water (hot) to moist-
crisp) 3 strips. en.

Mix all the above together, roll in
egg and crumbs and fry in deep fat.
Serve with tomato sauce.

MRS. LILA HILDEBRAN.

Veal Croquettes.

Flour 4 tablespoons. Veal (cold, chopped) 1
Milk 1 cup. cup.
Butter 1 tablespoon.

Blend the flour with the butter
melted, add the milk and veal sea-
soned to taste. When cool shape into

rolls. Cover with fine crumbs, beaten egg and crumbs again and fry in deep fat.

MISS FRANCES HICKEY.

Veal Cutlets with Vegetables.

Veal cutlets 2. Carrots (diced) ½ cup.
Peas 1 cup. Milk 2 cups.

Season cutlets with salt and pepper, dredge both sides with flour and brown in hot skillet. When brown add peas, carrots and milk. Cover and bake 1 hour in medium oven until meat and vegetables are done and all moisture has evaporated except enough for gravy.

MRS. M. A. SULLIVAN.

Kidney Veal Cutlets.

Veal cutlets with kidney attached 5. Salt 1 teaspoon.
Concentrated tomato 1 small can. Onions (small) 5.
Lemon rind (shredded) ½ teaspoon. Sugar 1 tablespoon.
Peppercorns 3.
Cloves 3.

Rinse cutlets in cold water and dry well with cloth. Then place on a rack in roaster, salt and pepper lightly. Peel the onions and place one on each cutlet. Put concentrated tomato in bowl, add equal amount of water; add sugar, salt, cloves, peppercorns and lemon rind. Mix thoroughly and pour over the cutlets and onions. Place cover on roaster and bake slowly about 2 hours, basting frequently and adding more water if necessary.

MARIE ROGERS.

Goulash.

Beef 1 pound. Flour, salt, black pepper, paprika,
Fork (lean) ½ allspice.
Onion (large, minced) 1. Veal ½ pounds.
Bacon 4 slices.
Pinch of caraway seed. Garlic 1 small clove.
Bay leaf 1 small piece.

Cut meat in squares. Fry bacon with onion and garlic, adding black pepper to taste and caraway seed. When onion is brown add beef and let stew 20 minutes, then add veal and pork. Cook 20 minutes longer and add 2 or 3 tablespoons of flour moistened in cold water, salt and paprika, several allspice and hot water. Stew on slow fire until meat is tender.

MISS ANNA GRAEBERT.

Veal and Ham Pie.

Veal (cut in pieces) 2 pounds. Ham (cut in pieces) 1 cup.
White onions (small, quartered) 3. Celery 1 stalk.
Carrots (small) 3. Potatoes (small) 5.
Flour 1 cup.

Seasoning. Baking powder 1 Shortening 2 table-
teaspoon. spoon.
Salt ½ teaspoon. Milk.

Brown veal with onion. Add ham and brown 1 minute longer. Add liquid to cover meat; season. Put in covered roaster in moderate oven for 1 hour, then add diced celery, carrots and potatoes cut in cubes. Return to oven; continue cooking until vegetables are tender. Twenty minutes before serving increase the heat in the oven. Make a crust of the remaining ingredients, place over ingredients in roaster and bake uncovered until brown.

MRS. FRANK HERBERT.

Heart Stew.

Calves' hearts 2. Onion, carrot and celery.
Vinegar 1½ table- Pinch of thyme.
spoons. Lemon rind ½.
Pickling spice. Fat 2 tablespoons. Flour 4 tablespoons.
Egg yolk 1. Milk 1 cup.

Cut up the hearts and wash. Boil in salted water until tender with an onion, carrot and celery cut in pieces. Add vinegar, thyme, pickling spice and lemon rind. When hearts are done, take out and chop fine in wooden bowl. Strain gravy and add 2 tablespoons fat and 2 tablespoons flour browned together. Mix the egg with milk and remaining flour and add to gravy. Boil a few minutes, stirring, and add chopped hearts.

MRS. FRANCES BERANEK.

Liver a la King.

Calf's or beef liver (sliced) 1 pound. Butter 2½ table-
Flour 2½ table- spoons.
Milk (rich) 1 tea-
spoon.
Salt 1 teaspoon. Pepper ¼ teaspoon.
Pimentos (cut in small pieces) 2. Button mushrooms (halved) ¾ cup.
Green pepper (minced) 1 table- Onion (grated) 1 ta-
ble-spoon.

Melt butter in saucepan, add flour and blend well; then gradually add milk, stirring well until thick, then add green pepper. Let boil slowly 5 minutes. Scald liver. Remove skin and membranes from liver and cut into half-inch squares. Cook liver 15 minutes in boiling water. Add to prepared sauce, add salt, pepper, pimentos, mushrooms and onion. Mix well and bring to a boil for about 2 minutes.

MRS. D. JULIAN BLOCK.

Jellied Veal.

Veal knuckle 1. Onion 2 slices.
Blade of mace, bay Peppercorns 6.
leaf.

Cover veal knuckle with cold water, bring to boiling point and simmer gently, skimming as necessary. Add onions, mace, bay leaf, peppercorns and salt to taste. Cook until meat falls from bones. Take out bones, shred meat, reduce liquid by boiling to just enough to cover meat. Pour a little of liquid into wet mold. When it begins to jell, arrange slices of hard-cooked eggs and rings of green pepper. Put in meat and pour rest of liquid over. Let chill until set.

MRS. ED MEYERS.

Liver Dressing.

Calf's liver ½ Rib pork chops 2.
pound. Bacon ¼ pound.
Mushrooms (fresh) Bread (day old) ½
1 box. loaf.

Clean and boil liver until almost done. Cut in slices ½-inch thick. Boil pork chops for dressing. Save juice. Remove meat from chops and put through grinder. Cut bread into slices and moisten each in hot pork chop liquor. Mix with chopped meat to make dressing; add salt and pepper. Butter long narrow pan and alternate slices of liver and dressing in it until pan is filled. Put pieces of butter over top and sprinkle salt, pepper and flour over all; add water. Bake 1½ hours in slow oven. Lay crisp slices of cooked bacon on top when liver is brown. Fry mushrooms in skillet in hot butter; add cream and cook down. Season with salt and pepper. Pour over liver and bacon when done.

MISS DORMA V. PEET.

Veal Roast.

Veal (leg or shoulder) 3 pounds. Bacon strips.
Water (hot) 2 cups. Salt 2 teaspoons.
Sour cream (thick) Green pepper (minced)
1 cup. fine) ½.

Make incisions in meat 2 inches deep and 3 inches apart. Into these pockets insert small strips of lean bacon. Place in baking pan, add water and salt. Bake (covered) an hour in slow oven, then add cream and minced pepper. Cook another hour uncovered, basting frequently.

MRS. EDNA WALKER.

Veal Roast with Sour Cream Gravy.

Veal roast 1. Bacon 2 slices.
Sour cream (rich) Cornstarch 2 tea-
1 pint. spoons.
Mustard (prepared) Butter or lard 1 table-
2 teaspoons. spoon.

Place butter in roasting fire, heat, add roast and sear. Remove from fire, add seasoning, cover with bacon and put in hot oven, add enough water to keep from burning. Baste frequently. Half an hour before serving pour over the roast the cream with mustard. Baste meat until gravy has turned brown. Remove roast, dissolve cornstarch in ½ cup cold water and thicken gravy.

MISS ANN MACLIN.

Stuffed Veal Breast.

Breast of veal 4 Salted soda crackers
pounds. 1 box.
Eggs (whole) 2. Butter 2 tablespoons.
Apples (cut fine) 2. Onion (good sized) 1.

Have butcher make pocket in veal, and fill with the following: Soak the crackers in tepid water. Press out water and season with salt and pepper. Add eggs, apples cut up fine and onion browned in butter. Mix together. Put shortening on bottom and top of roast in baking dish. Bake in moderate oven 1½ hours. Add 1½ cups water after roast is well browned and baste every 15 minutes. Replenish water as it cooks down. Roast should be seasoned to taste before roasting.

MRS. DAN LEVY.

Stuffed Veal Breast.

Breast of veal. Salt and pepper.
Milk. Mushrooms.
Garlic (chopped fine) 1 small piece. Eggs (well beaten) 3.
Sweet marjoram Bread 3 slices.
(powdered) 1 tea- Olive oil 2 tablespoons.
spoon. Cheese (grated) 3 ta-
blespoons.

Have pocket cut in meat. Soak bread in milk. Mix with cheese, garlic, olive oil, marjoram, salt and pepper, eggs and mushrooms. Fill up pocket with mixture, sew it up and bake 1 to 1½ hours until tender in greased pan.

MRS. F. W. TALBOTT.

Sweetbreads on Toast.

Vinegar ½ teaspoon. Sweetbreads 3 pair.
Flour. Butter.
Salt and pepper. Flour 1 tablespoon.

Boil the sweetbreads slowly in salted water, to which vinegar has been added, for 20 minutes. Drain, place in a bowl, cover with cold milk

an hour longer. When cool remove skin and membranes. Roll them in flour and fry in butter until golden brown, season with salt and pepper. To butter left in skillet add flour and some of the milk sweetbreads have been soaked in. Add sweetbreads to sauce, cover and bake 50 minutes in moderate oven. Serve on toast.

MRS. JOHN J. WHALEN.

LAMB.

Casserole of Lamb.

Lamb stew 1½ pounds.
Onion 1 slice.
Rice (uncooked) ½ cup.
Peas 1 can.
Salt and pepper.
Green pepper 1.
Butter.
Broth or hot water 2 cups.
Carrots (diced).

If there is a bone in meat, cover it with water and cook for broth. Cook the pepper and onion in enough butter to prevent burning. Run the lamb through meat grinder (should be about 2 cups ground meat). Mix with rice and form into patties, roll in flour and brown in pan with onion and pepper. When well browned add broth or hot water, peas, carrots, salt and pepper and cover and cook slowly until rice and carrots are done.

MRS. O. M. JOHNSON.

Lamb Chops and Dumpling.

Salt and pepper and flour.
Bacon 2 slices.
Cornstarch 1 teaspoon.
Caraway seed.
Lamb chops (cut thick) 2 pounds.
Butter 1 tablespoon.
Water (hot) 1½ cups.

Dredge chops in flour and add pepper and salt. Cut bacon into small pieces, render and add butter. Place chops in hot grease and brown, sprinkle with caraway seed and cover with hot water. Cover pan and simmer for 1 hour. Place chops on hot platter and thicken gravy with cornstarch moistened with water. Place dumplings around chops and pour gravy over all.

Potatoes (large, in jackets) 6.
Salt 1½ teaspoons.
Egg yolks 3.
Flour 4 tablespoons.
Toast (diced) 3 slices.
Butter (hot) 2 tablespoons.

Boil the potatoes. Cool thoroughly, pare and grate. Add flour and salt, yolks of eggs and toast diced and fried in hot butter. Form in round dumplings 1½ inches in diameter. Have kettle with 10 cups boiling salted water and place dumplings in one at a time. Boil for 5 minutes. Do not cover kettle.

HARRIET B. KUHNE.

Crown Roast of Lamb.

Rib roast of lamb 3 pounds.
White bread ½ pound.
Salt, powdered sage, pepper ½ teaspoon.
Garlic 1 small clove.
Egg 1.
Pork sausage ½ pound.
Apple (large) 1.
Onion (large) 1.

Have bones where ribs join the backbone cracked and roast prepared for crown roast. Soak bread in cold water, then press water out. Pare apple, run it through a meat grinder, also the onion and garlic. Beat the egg and mix all together. Place this in the center of the roast. Baste roast with butter, sear in hot oven 20 minutes, then sprinkle a little salt, pepper and flour around roast and bake in moderate oven 1½ hours or until tender.

E. de T. MURPHY.

Jellied Lamb Loaf.

Lamb (cooked, cold) 2½ cups.
Onion (small, cut fine) 1.
Gelatin 1 package.
Spinach (raw) 2 cups.
Mint sauce ½ cup.
Salt, pepper and paprika.
Celery (cut fine) 5 stalks.
Water (cold) ½ cup.
Water (boiling) ½ cup.

Dice the lamb fine, season with salt, pepper and paprika. Dissolve the gelatin in cold water, add the boiling water to the spinach, add the gelatin and let stand until cold and colored green. Then add the mint sauce, meat, celery, onion and let stand until set.

MRS. T. E. NAGEL SR.

Leg of Lamb.

Leg of lamb 4 lbs.
Salt and pepper.
Garlic 1 clove.
Cloves, cinnamon, allspice, nutmeg 1 teaspoon each.

Salt and pepper the lamb, then sprinkle the spices on top and in each end. Stick a clove of garlic on top. Sear in hot oven 20 minutes, then roast 3 hours in moderately hot oven.

MRS. AMANDA WEAD.

Leg of Lamb Roasted with Vegetables

Leg of lamb (boned and rolled) 5 pounds.
Onion 5 small slices.
Peas 1 cup.
Bacon 5 strips.
Carrots (diced) 3.
Celery 1 cup.
Mint flavoring ¼ teaspoon.

Put lamb in roasting pan in 450-degree oven for 25 minutes. Take out and make 5 slits deep enough to hold bacon with onion, and pull bacon through slit. Return to oven 25 minutes at 400 degrees, then add carrots, peas, and celery. Return to oven with

2 cups water. Bake $1\frac{1}{2}$ hours with cover. Add salt and pepper between first and second cooking. Thicken gravy when meat and vegetables are done, add mint flavoring.

MRS. ELSIE M. GREGG.

Leg of Lamb Roasted with Vegetables.

Leg of lamb.	Salt.
Tomatoes 1 No. 2 can.	Butter and flour.
Carrots (diced).	Onion (small).
	Potatoes (small).

Rub leg of lamb all over with butter, dredge with flour and brown in hot oven. Then add tomatoes, cover and cook with moderate heat an hour, then add small onions, diced carrots, small potatoes, salt, and cover and roast until all are tender, about 3 hours.

MRS. S. FREEDMAN.

Mutton Sausages.

Mutton (cooked, cold) 1 pound.	Beef suet 3 ounces.
Oysters (raw) 6.	Bread crumbs $\frac{1}{2}$ cup.
Eggs (slightly beaten) 1.	Salt and pepper to taste.
Mace $\frac{1}{4}$ teaspoon.	Anchovy paste 1 teaspoon.

Chop the mutton, beef suet and oysters and mix, add crumbs, egg, and remainder of ingredients. Mix all together thoroughly in small round cakes and fry in butter. Serve with tomato sauce.

MRS. MARIE STEINERT.

Lamb a la Queen.

Breast of lamb (cut in pieces) 2 pounds.	Salt.
Carrots (medium size) 3.	Celery 1 medium-size stalk.
	Onion 1.
	Peppercorns 3 or 4.

Cover meat with cold water, let come to a boil and skim carefully. Add salt, peppercorns, onion and leaves from celery stalk. Cover pan closely and simmer till meat separates easily from bone. Put meat in bowl, pick out meat, removing fat and bone, and drain broth. Cook diced carrots and celery until tender. Add liquid to lamb broth (have 4 cups liquid). Mix 6 tablespoons flour in water, add to broth and when thickened add meat, celery and carrots. Serve with noodles or rice.

MRS. CAROLYN C. EGE.

Roast Shoulder of Lamb.

Shoulder of lamb 5 pounds.	Bread 4 cups.
Onion (small) 1.	Butter 1 tablespoon.
Salt $\frac{1}{2}$ teaspoon.	Pepper $\frac{1}{2}$ teaspoon.
Butter 1 teaspoon.	Water (cold) 3 cups.

Have bone removed from meat and

stuff with dressing of bread soaked in water and squeezed dry, the onion fried in tablespoon of butter, the salt and pepper. After it has been cooking 5 minutes add remaining butter and cold water. Cook 3 hours or until tender. Do not baste or cover during cooking.

MRS. E. S. SHEPPARD.

Stuffed Lamb Shoulder.

Shoulder of lamb 4 pounds.	Pinch of pepper.
Sweet potatoes (medium sized) 2.	Salt $\frac{1}{2}$ teaspoon.
Celery $\frac{1}{2}$ stalk.	Pork sausage $\frac{1}{2}$ pound.
Egg 1.	Onion 1.
Sage 1 teaspoon.	Thyme 1 teaspoon.
	Salt $\frac{1}{2}$ teaspoon.

Have shoulder boned and caul removed. Wipe dry and rub in salt. Fill with remainder of ingredients and roast 2 hours in medium oven. The potatoes, celery and onion should be cut in small pieces, then mix the sausage with herbs, beat the egg lightly and mix all together.

MRS. RHEA E. LEWIS.

Lamb Stew.

Butter 2 tablespoons.	Stock or gravy 1 cup.
Onion (sliced) 1.	Chili sauce 1 table- spoon.
Flour 1 tablespoon.	
Lamb (diced) 2 cups.	Red pepper (cut fine) 1.
Tomatoes (stewed) $1\frac{1}{2}$ cups.	Salt 2 teaspoons.

Put butter in frying pan and brown onion in it. Add flour and meat and brown. Then pour in stewed tomatoes and stock or gravy. Season with chili sauce, red pepper and salt. Cover and let simmer until whole is well thickened and done.

MRS. VOLLER.

Mutton Stew.

Mutton (lean, cut stew) 2 pounds.	Peas 1 can.
Celery stalks.	White cabbage 1 very small head.
	Carrots 2 bunches.
	String beans 1 can.

Brown meat with salt and pepper to taste in melted butter. Add cup hot water. Let simmer 45 minutes. Add all vegetables (diced) and one onion cut up. Add more salt and pepper and cook slowly another 45 minutes or until tender. Thicken gravy with flour paste.

MRS. H. KIESGEN.

Mock Venison.

Salt, celery salt, mustard, allspice, brown sugar, poultry seasoning, 1 tablespoon each.	Leg of lamb or mutton.
	Vinegar 1 cup.
	Raisins $\frac{1}{2}$ cup.

Cover the meat with vinegar. Rub

the remaining ingredients. Set in cool place 4 days, basting with liquid each day. Place in covered roaster, spread with butter and bake slowly 3 hours. Baste frequently with strained liquid, adding 1 cup hot water. For gravy thicken with flour and add more hot water.

MRS. ALMA HEINEN.

PORK.

Baked Pork Chops.

Pork chops (lean) 6. Salt and pepper.
Butter 3 table- Egg 1.
spoons. Corn flakes.

Purchase $\frac{3}{4}$ -inch chops, wipe and dip in beaten egg seasoned with salt and pepper, roll in corn flakes. Lay on spider in which butter has been melted. Dot with butter and bake 30 minutes in hot oven, turning once during baking to brown on both sides.

MRS. JAMES G. RODGERS.

Baked Pork Chops.

Chops (1 inch thick) 6. Pepper, salt, celery salt.
Flour. Water (boiling) 6 tea-
Pineapple 6 slices. spoons.

Arrange chops in shallow pan and dredge with flour, pepper, salt and a bit of celery salt. Bake in hot oven and baste with 1 teaspoon of water on each chop. After 30 minutes lay a slice of pineapple on each chop and bake 15 minutes longer.

MRS. A. L. JUNKINS.

Baked Pork Chops.

Corn 1 can. Green pepper (chopped) 2
Salt and pepper to taste. Egg 1.
Bread crumbs $\frac{1}{2}$ cup. Chops 6.

Mix all above ingredients together, then take 6 chops cut $1\frac{1}{2}$ inches thick and lean, place them in your baking pan without grease or water and cover with corn, etc. Bake an hour in slow oven. Remove from pan with care.

MRS. H. J. VAN NESS.

Barbecued Pork Shoulder.

Pork shoulder 1 medium-sized cut. Onions (chopped) $\frac{1}{2}$ cup.
Water $1\frac{1}{2}$ cups. Worcestershire sauce
Vinegar 1 cup. 2 tablespoons.
Tomato catsup $\frac{1}{4}$ Pepper 1 teaspoon.
Boil. Salt 1 teaspoon.

Boil the pork in roaster until done. Place the remaining ingredients over, baste frequently and as it browns down add the liquor meat was boiled in.

MRS. JULIA VERNOPAL.

Pork Chops with Apples.

Pork chops 5. Salt 1 teaspoon.
Flour. Apples (cooking, tart)
Cider $1\frac{1}{2}$ cups. 4.

Have chops cut about $\frac{3}{4}$ inch thick. Sprinkle with salt, dredge with flour, saute until golden brown. Slice the apples thin and put in casserole. Lay chops on apple slices and add cider. Cook in moderate oven, 350 degrees, $1\frac{1}{2}$ hours. Turn chops over so that both sides are seasoned by apples and baste occasionally with cider.

MISS E. HOFFMAN.

Spanish Pork Chops.

Chops 6. Tomato soup 1 small
Rice (cooked). can.
Green pepper (finely Butter.
cut). Carrots (diced).
Onion (finely cut).

Brown the chops quickly in very little butter on one side. Place this side up in a roaster, cover with rice, cooked until puffed but not soft, diced carrots, finely cut green pepper and a bit of onion. Season well. Pour over this a small can of tomato soup and a can of water. Cover and bake 2 hours in a slow oven. Uncover and brown the last 15 minutes.

MRS. G. F. TURNER.

Pork Chops Stuffed.

Chops ($1\frac{1}{2}$ inches thick) 6. Onion (chopped) 1
Celery (chopped) 1 Green pepper (chopped) 1 table-
Egg 1. spoon.
Milk 1 cup. Bread crumbs $\frac{1}{2}$ cup.
Salt and pepper.

Brown the onion in the butter, add celery and peppers. Dip the bread crumbs into the milk, add onion, celery and peppers, salt, pepper and egg. Mix well. Cut pocket in chops, stuff with above and sew up. Place in baking dish, add water and bake in hot oven 30 minutes.

MRS. O. BARTUNEK.

Chop Suey.

Pork shoulder (cut small) 1 pound. Dark molasses 2 ta-
Onions (medium size, dry) 2 pounds. blespoons.
Celery 1 large stalk. (cut small) 1 pound.

Put meat (cut small) in kettle, cover with water and let come to a boil and simmer for $1\frac{1}{2}$ hours. Add onions and celery (cut small) and cook 45 minutes. Add molasses and 2 tablespoons flour mixed with water.

JULIA V. McNELLIS.

Tenderloin "Fricassee."

Water (hot) 2 cups. Mushrooms $\frac{1}{2}$ pound.
 Flour 2 tablespoons. Pork tenderloin
 Olives (ripe) 1 pint. (Frenched) $\frac{1}{2}$
 Butter 4 tablespoons. pounds.

Brown tenderloin patties quickly; add one cup of water, cover closely and let simmer 30 minutes. Peel mushrooms and cut in pieces. Melt butter in skillet, add mushrooms and cook 7 minutes; add flour and 1 cup hot water. Cut meat from olives, add to mushrooms, pour over tenderloin and serve.

MRS. E. S. COCKRELL.

Pig Hearts.

Hearts 6. Water 6 tablespoons.
 Onions (large) 2. Vinegar 18 table-
 Salt 1 tablespoon. spoons.
 Bay leaves 6. Flour $\frac{1}{2}$ cup.
 Fat 2 tablespoons. Allspice (whole) 12.

Clean hearts, soak in cold water $\frac{1}{2}$ hour. Place layer of hearts, salted, in crock, then layer of bay leaves, allspice and onion alternately until ingredients are used. Bring vinegar and water to a boil, then cool. Pour water and vinegar over hearts and cover and let stand at least 24 hours. Put fat on to heat, add hearts, onion and $\frac{1}{4}$ of liquid. Cover tightly and simmer until tender. Brown $\frac{1}{2}$ cup flour, mix with cold water and use to thicken gravy.

MRS. LUCILLE NOVAK.

Meat Balls.

Pork hock (medium Beef and pork (ground
 sized) 6. together) $1\frac{1}{2}$ pounds
 Onion (medium each.
 sized, cut fine) 1. Salt 2 teaspoons.
 Potatoes (medium Pepper $\frac{1}{2}$ teaspoon.
 sized), 10. Flour $\frac{3}{4}$ cup.

Mix meat and onion, 1 teaspoon of salt and pepper together and form in balls size of an egg and roll in flour. Cook hock first in 6 quarts of water until partly done. Drop in meat balls and cook $\frac{1}{2}$ hour. Add potatoes and cook until tender. Thicken stock with browned flour.

MRS. J. ANDY.

Meat Loaf.

Pork shoulder (lean) Water to cover.
 2 pounds. Onion salt 1 teaspoon.
 Bay leaf 1. Celery salt 1 teaspoon.
 Pepper $\frac{1}{4}$ teaspoon. Green pepper (small,
 Veal knuckle $3\frac{1}{2}$ chopped fine) 1.
 pounds.

Cook all together until veal can be easily taken from the bone. Take off as much of the fat from pork as possible, then chop pork and veal together and put into crock and press

down well. Put broth over and set in icebox overnight.

MRS. KENNETH VAUGHN.

Mock Chicken Patties.

Pork tenderloins Button mushrooms 1
 (medium sized) 2. small can.
 Celery 1 stalk. Eggs 2.
 Pimento (small) 1.

Boil tenderloins in 1 quart hot water with 1 teaspoon salt until tender. Cool, then cut in small pieces. Hard cook 2 eggs, then cool. Cut up eggs, celery, pimento and mushrooms into small pieces. Make a white sauce as follows: 2 tablespoons butter melted in saucepan, blend in 2 tablespoons sifted flour, 1 cup sweet milk and $\frac{1}{2}$ teaspoon salt. Add sauce to meat mixture and fill pastry shells. Put cracker crumbs mixed with melted butter on top, sprinkle with paprika if desired.

MRS. M. M. KING.

Mock Possum.

Onion salt, $\frac{1}{4}$ tea- Fresh pork shoulder
 spoon. $2\frac{1}{2}$ pounds.
 Pepper 1 teaspoon. Flour 2 tablespoons.
 Pineapple 1 large Salt 1 tablespoon.
 can. Sweet potatoes 6.
 Cloves (whole). Brown sugar $\frac{1}{2}$ cup.

Wipe meat with damp cloth, rub surface with salt, pepper and flour. Put in hot oven and sear, reduce heat to 350 and bake $1\frac{1}{2}$ hours. Remove from oven and sprinkle with $\frac{1}{4}$ cup sugar. Place pineapple dotted with cloves and parboiled potatoes around roast, sprinkle with remaining sugar, return to oven to bake until pineapple is brown, basting frequently.

MRS. FRANK A. MAY.

Roast Pork.

Loin of pork 4 Salt and pepper.
 pounds. Onion (thin slices).

Trim, wash and dry the roast. Insert a thin slice of onion between every other chop. Salt well and rub in, pepper lightly. Put meat in uncovered baking pan and dredge meat and bottom of pan with flour. Put in 450-degree oven until roast is golden brown, 15 to 20 minutes, then reduce heat to 350 degrees and start basting with fat in pan. Baste every 10 minutes for 3 hours. Serve with cinnamon, apples and parsley around roast.

MRS. HARWOOD FORSGREN.

Pigs in Blanket.

Soda crackers (rolled fine) 6.
 Cloves (ground) ½ teaspoon.
 Nutmeg ½ teaspoon.
 Pork shoulder (lean, ground) 2 pounds.

Milk 1½ cups.
 Ginger (ground) ½ teaspoon.
 Salt 1 teaspoon.
 Eggs (beaten together) 2.
 Cabbage (small) 1.

Put in large bowl and mix thoroughly. Add milk last. Separate cabbage leaves day before and leave in salt water, rinse and wipe. Take tablespoon of mixture and put in cabbage leaf, wrap with scalded string. Place in frying pan, cover and cook over slow fire for ½ hour, take off cover and brown.

MRS. EDITH SORESENSEN.

Pigs in Cabbage Patch.

Cabbage 1 small head.
 Tomato sauce 1 can.
 Pork sausage links.

Wilt the cabbage by boiling 5 minutes, then plunging in cold water. Wrap a link of pork sausage in a leaf of wilted cabbage. Pack the wrapped sausage in baking pan and pour over all the tomato sauce. Bake 45 minutes in moderate oven.

MRS. EVA BALKENHOL.

Country Sausage.

Apples 2 pounds.
 Butter (melted) 2 tablespoons.
 Cayenne pepper 1 saltspoon.
 Butter 1 tablespoon.

Bananas (peeled) 4.
 Salt 3 saltspoons.
 Country sausages (raw) 12.
 Cooking sherry.

Peel and core the apples and slice fine. Slice the bananas, peeled. Place in saucepan with melted butter, salt, pepper. Cover pan and set in slow oven for 25 minutes. Remove from oven, press through a sieve into a saucepan and keep hot. Pierce the skins of the sausages. Heat the tablespoon of butter in frying pan, add sausages and fry 5 minutes on each side. Nicely dress the puree of apples and bananas on a hot dish, arrange sausages over it, remove fat from saucepan. Pour in a gill of cooking sherry, boil 3 minutes, pour over sausages and serve.

MRS. JAMES HEANEY.

Home-Made Sausage.

Sage (ground) 2 tablespoons.
 Salt 1 tablespoon.

Pork shoulder (ground) 1½ pounds.
 Pepper.

Mix the above well and make into patties. Fry light brown slowly. Serve with baked apples.

MRS. P. A. MORRIS.

Sausage Rolls.

Biscuit dough Link sausages 10. (rich).

Roll a rich biscuit dough and cut with large cooky cutter. Fry the sausages. Roll a link between 2 biscuits which were rolled thin. Pinch edges together and bake. Serve on hot platter with brown gravy made from sausage while biscuits were baking.

MRS. CHARLES B. SMITH.

Sausage and Apples.

Apples (medium tart) 6.
 Water (hot) ½ cup.
 Sausage ¼ pound.

Wash and core the apples, partly scoop out, leaving bottom unbroken. Stuff with sausage well seasoned. Place in hot oven, 450 degrees. Lightly brown on top, then cover and decrease heat to 350 degrees and bake until apples are tender.

MRS. CARRIE BILLINGER.

Sausage in Potatoes.

Pork sausages (small) 12.
 Potatoes (good sized) 5.

Scrub potatoes but do not peel. Place in boiling water and cook tender. Take apple corer and scoop out as much as corer can hold from center of potato and stuff with sausages which have been pan boiled for 5 minutes. Then peel potatoes and roll in either bacon grease or butter, and broil for 2 minutes until brown.

MRS. P. J. VELDON.

Sausage Cake in Rice Nests.

Sausage 1 pound.
 Salt 1 teaspoon.
 Green pepper (chopped) 1.
 Butter 1 tablespoon.

Water (boiling) 3½ cups.
 Rice 1 cup.
 Onion (minced) 1.

Melt butter, add onion and pepper and fry 3 minutes. Add rice and salt, boiling water. Cook till rice is soft and has absorbed liquid. Flour meat into small flat cakes and fry till brown, 12 minutes. Form nests of rice on platter and put sausage cake in each. Add 2 tablespoons flour to sausage fat, then 1½ cups boiling water, seasoning, and pour gravy around.

MRS. E. REDMAN.

Sausage Casserole.

Link sausage 1 pound.
 Potatoes (diced) 4 cups.
 Peas 1 small can.
 Milk (scalded) 1 cup.

Flour 6 tablespoons (add cold milk to this up to one cup).

Place sausage in dish in hot oven

and cook for 15 minutes. Add peas and potatoes, pour cup of scalded milk over them, then add cup of flour and milk mixture, blended smooth, and stir until thoroughly mixed. Cook in oven for 15 minutes, then stir, placing sausages all on top, and brown for about 15 minutes, then turn sausages and brown for 15 minutes more.

CORA BELL BRIDGMAN.

Sausage with Sweet Potato Blankets.

Pork sausage (small) Sweet potatoes (medium sized) 4.
 $\frac{1}{4}$ pound. Butter 1 tablespoon. Ground corn flakes or Milk (hot) $\frac{1}{2}$ cup. toasted bran $\frac{1}{2}$ cup.
 Salt $\frac{1}{2}$ teaspoon.

Fry sausages until cooked through. Peel and boil sweet potatoes soft. Drain water from potatoes, add salt, butter and mash. Add hot milk and beat. Cover each sausage with mashed sweet potato to make croquette form, roll in corn flakes lightly and place in hot oven 15 minutes to brown.

MRS. NETTIE MURRAY.

Roast Stuffed Spareribs.

Spareribs 1 small Apple (tart) 1.
 side. Water (boiling) 1 cup.
 Bread crumbs 1 pint. Celery $\frac{1}{4}$ cup.
 Corn meal 1 cup. Butter 2 tablespoons.
 Onion (medium sized) 1. Salt and pepper.
 Milk (hot) to moisten.

Wash and dry the spareribs. Trim off the excess fat and crack the bones in serving lengths with a cleaver. Fill the center with onion stuffing, made by mixing all the remaining ingredients except the water, the onion, apple and celery cut in small pieces. Bring two sides together, press closely and fasten with skewers. Rub the outside well with flour. Place in a roaster and add the boiling water. Cook, basting frequently until brown. Remove to hot platter and make gravy from the drippings.

MRS. J. BRICHTA.

Creamed Tenderloins.

Tenderloin (small patties) 2. Salt and pepper.
 Butter. Flour 1 tablespoon.
 Sandwich bread 1. Mushrooms No. 1 can.
 loaf. Water (hot) 1 cup.

Cut the patties into pieces about a half inch square, fry in butter until brown, then add the mushrooms. When they are brown, add the mush-

room liquor, the hot water, salt, pepper; thicken with flour. Cut the loaf of bread into 5 pieces, trim off crust and cut out center to make a box with walls about $\frac{3}{8}$ inch thick. Dip sides and top in melted butter, toast on all sides and top. Fill with meat and serve.

BLANCHE LUTK.

Pork Tenderloin with Pineapple Dressing.

Pork shoulder 5 Salt $1\frac{1}{2}$ teaspoons.
 pounds. Butter or substitute $\frac{1}{4}$
 Onion (grated) $\frac{1}{2}$ cup.
 cup. Whole-wheat bread
 Pineapple (grated) crumbs $3\frac{1}{2}$ cups.
 1 cup.

Bone the shoulder. Turn the remaining ingredients on crumbs and mix well. Stuff the meat with the mixture. Sew up both ends and center of shoulder. Dust lightly with flour and salt, put in kettle, place over fire and sear all over. Add 1 cup cold water and cover kettle. Reduce heat and simmer $2\frac{1}{2}$ hours.

MRS. ELMER HECKEL.

BEEF.

Cabbage Stuffed.

Cabbage 1 medium- Water or milk $\frac{1}{4}$ cup.
 sized head. Bread crumbs $\frac{1}{4}$ cup.
 Hamburger 1 pound. Salt and pepper to
 Egg (beaten) 1. taste.

Cut off a slice from stem end of cabbage. Hollow out the head, leaving a shell two inches wide. Fill the shell with the remaining ingredients mixed well. Cover the open end with the piece that was cut off, tie in cheesecloth and boil in slightly salted water or thin soup stock for 2 hours. Serve with white sauce.

MRS. PRESLEY HOLMES.

Stuffed Cabbage Leaf.

Round steak Onion (grated) 1.
 (ground) $1\frac{1}{2}$ Salt and pepper.
 pounds. Barley (cooked, cold)
 Egg yolk (well beaten) 1. 1 cup.

Mix the above ingredients, adding enough milk to hold them together. Form in small cakes. Take a cabbage, separate the leaves and parboil in salt water for 5 minutes. When cool, roll a leaf around a meat cake. Brown well in hot bacon drippings. When browned, place in roaster and roast an hour.

AMY J. COOK.

Chili.

Spaghetti $\frac{1}{2}$ pack-
age.
Celery (cut small) 1 bunch.
Chili powder 1 tea-
spoon.
Round steak (ground) 1 pound.
Onions (cut small) 4.
Red kidney beans 1 can.
Tomatoes 1 quart.

Cook spaghetti in rapidly boiling salted water for about 20 minutes, drain and rinse in cold water. Fry ground meat in 4 tablespoons butter until slightly browned, season with salt and pepper, add onions and fry a little longer. Take from frying pan and put in kettle, add celery and 3 cups hot water. Let simmer an hour, add cooked red kidney beans, tomatoes, chili powder, and let simmer 20 minutes. Add cooked spaghetti and heat thoroughly.

MRS. CARL LUNDGREN.

Chop Suey.

Molasses 1 table-
spoon.
Chop suey sauce 2
tablespoons.
Beef (or veal, pork or
chicken) 1 pound.
Chop suey (assorted)
1 can.

Cut meat into small pieces. Heat a little lard in skillet until hot. Fry meat until tender but not brown. Add chop suey. Add water, pinch of pepper and tablespoon of sugar, chop suey sauce. Cook 15 minutes and thicken with molasses and cornstarch or flour.

NELLIE SWEENEY.

Chop Suey American Style.

Hamburger 1 pound.
Tomatoes 1 can.
Onions 6.
Celery 1 large stalk.
Soy sauce $\frac{1}{4}$ cup.
Butter 1 tablespoon.
Spaghetti 1 package.
Salt and pepper to
taste.

Drop spaghetti in boiling salted water and cook until tender. Put butter in frying pan, add hamburger, onions, celery, salt and pepper. Stir and brown. Put tomatoes and celery in saucepan, add browned hamburger and soy sauce. Cover and let cook slowly for about $\frac{1}{2}$ hour. A cup of water from the spaghetti may be used if mixture is too thick.

MRS. L. V. HALEY.

Smothered Chopped Beef.

Beef (ground) $1\frac{1}{2}$ pounds.
Paprika.
Onions (sliced) 3.
Salt $\frac{1}{2}$ teaspoon.
Water 1 cup.
Tomatoes (fresh) 1
(or canned) 1 cup.

Add the salt and a little paprika to the beef. Mold into a flat cake 2 inches thick, lay in deep pie plate with a little suet or fat around. Add

cup of water and bake, basting every 10 minutes, for 30 minutes in a hot oven. Slice the onions and put over the meat, bake 15 minutes longer, sprinkle with $\frac{1}{2}$ teaspoon salt. Cover with tomatoes, sliced fresh or canned, dust with salt and bake 15 minutes longer.

MRS. LYDIA C. GOSCH.

Creole Pot Roast.

Pot roast $2\frac{1}{2}$ or 3 pounds.
Tomatoes (cooked) 1 quart.
Onions (diced) 3 or 4.
Butter.
Carrots (diced) 3 or 4.

Brown the roast in butter in Dutch oven or deep skillet. Pour the tomatoes over and let simmer with cover on for 2 hours. Then add the carrots and onions diced. Simmer again until vegetables and meat are tender. Remove vegetables and meat and make a gravy by adding water and thickening to the juices left in the pan.

Dressing, Oatmeal.

Bread crumbs (dry) 1 cup.
Sage and onion to taste.
Quick oatmeal 2 cups.
Salt 1 teaspoon.
Butter 2 tablespoons.
Pepper $\frac{1}{4}$ teaspoon.

Mix the butter with remaining ingredients and use for rolled steak or for fowl.

MRS. MARY K. DINSMORE.

Fingers of Dried Beef.

Rice (steamed) $1\frac{1}{2}$ cups.
Onion juice 1 tea-
spoon.
Paprika.
Egg sauce (rich).
Dried beef (not cut too thin) $\frac{1}{4}$ pound.
Parsley (minced) 1
teaspoon.
Green pepper (minced) 2
tablespoons.

Spread trimmed slices of beef with filling made by blending rice, onion, parsley, pepper and trimmings and fragments of beef chopped small. Roll up and fasten with skewers. Place in baking dish and brush with butter and paprika. Bake 15 to 20 minutes in moderate oven. Serve on thin toasted slices of white bread with sauce poured over and around fingers.

MRS. WILLIAM N. NELSON.

Flank Steak Rolled.

Flank steak 2 or 3 pounds.
Bacon strips.
Butter 4 tablespoons.
Salt to taste.
Sauerkraut 1 can.

Trim the edges of meat (all one piece) and salt to taste. Line with bacon strips. Place on this drained sauerkraut, roll up and fasten with skewers or cord. Place in roaster

with liquid of kraut. Add water and butter. Bake $1\frac{1}{4}$ hours in moderate oven until done. Remove cover from roaster and brown meat. Make gravy of liquor in roaster.

MRS. J. E. WALLISER.

Hash Baked.

Round steak $\frac{1}{2}$ pound.
Potatoes (raw) $1\frac{1}{2}$ cups.
Milk 1 cup.
Pepper $\frac{1}{4}$ teaspoon.
Carrots (chopped) $1\frac{1}{2}$ cups.
Onions 3.
Salt 1 teaspoon.
Parsley (minced) 1 teaspoon.

Put meat, carrots, potatoes and onion through food chopper. Mix thoroughly and add milk and seasoning. Put in casserole, cover with coarse bread crumbs, dot with bits of butter and bake an hour.

MRS. W. H. ANKER.

Beef Heart Dressing.

Hearts (fresh) 2 or 3.
Corn 1 No. 2 can.
Salt, pepper, sage to taste.
Bread (dry) 1 small loaf.
Eggs 2.
Onion (small, grated fine) 1.

Boil the hearts until tender, then put in roaster with remaining ingredients as stuffing and bake. Pour liquor over.

MRS. HORACE PARKER.

English Hot Pot.

Shoulder or shank of beef (cut in small pieces) 2 pounds.
Tomato catsup 2 tablespoons.
Salt and pepper to taste.
Potatoes 7.
Onion 1.
Flour $\frac{1}{4}$ cup.

Place alternate layers of meat, catsup, onion, dredged flour, salt, pepper and sliced potatoes in a casserole. Add water to nearly cover. Bake in slow oven for 2 hours. Add water. Half an hour before serving remove casserole top so potatoes will brown.

MRS. EDITH M. COOK.

Jellied Beef.

Beef flank 4 pounds.
Onions (large) 2.
Garlic 2 cloves.
Carrot (small, diced) 1.
Bay leaf 1.
Salt 1 tablespoon.

Dredge meat in flour, place in waterless cooker and brown on all sides. Add onions sliced, garlic, carrot, bay leaf and salt (vegetables diced). Remove meat to deep pan and pour over it the liquid which has formed during the cooking. Press with weight until lid covers top of meat. Allow to stand in cold place overnight.

MRS. JOHN H. JOHNSON.

Jellied Meat Loaf.

Beef 3 cups, pork 1 cup (cooked, diced).
Eggs (hard cooked) 4.
Pickles (small).
Stuffed olives 1 small bottle.
Celery.
Gelatin (soaked in $\frac{1}{2}$ cup cold water) 2 tablespoons.
Concentrated broth (seasoned) 1 pint.

Mix olives, eggs, celery and pickles after chopping. Pour hot broth over gelatin in water, stir until dissolved, when cooled somewhat add meat and remaining ingredients. Mix well and pour into mold and chill. Serve on lettuce with mayonnaise.

MRS. R. A. DURFEE.

Liver Loaf.

Beef liver $1\frac{1}{2}$ pounds.
Onion (medium) 1.
Salt 1 teaspoon.
Water (hot) 1 cup.
Cracker crumbs 1 cup.
Egg 1.

Dip liver in cold water, place in boiling salted water and cook 10 minutes. Cool. Put liver and onion through meat grinder. Brown cracker crumbs in hot fat, mix well with liver and onion, form into a loaf, bake 30 minutes, or until browned. Cover with strips of bacon if desired.

MRS. M. MUNGEN.

Beef Loaf.

Hamburger 1 pound.
Cracker crumbs 1 cup.
Potatoes (good sized) 3.
Milk 1 cup.
Pork sausage 1 pound.
Onions 2.
Pimentos 1 small can.
Salt and pepper to taste.

Put potatoes and onions and pimentos through food chopper. Mix well with meat and crackers and bake in greased pan. Add milk last.

MRS. F. G. MEHRDORF.

Beef Loaf with Corn.

Round steak (ground) 1 pound.
Green pepper (diced) $\frac{1}{2}$.
Seasoning to taste.
Onion (small, diced) 1.
Corn 1 can.
Celery (diced) 1 cup.

Put round steak in casserole, add corn, pepper, celery and onion. Mix well and season to taste. Bake in moderate oven 1 hour with cover on, then remove cover and brown 15 minutes.

MRS. R. WEILAND.

Beef Loaf with Vegetables.

Round steak (ground) $1\frac{1}{2}$ pounds.
White bread 4 slices.
Milk 1 cup.
Onion (small, chopped fine) $\frac{1}{2}$.
A-1 sauce 1 teaspoon.
Mushrooms 1 small can.
Egg 1.
Salt, pepper and paprika.
Parsley (chopped fine) 1 tablespoon.
Bacon (lean) 3 slices.

Cut crusts from bread and soak slices in milk $\frac{1}{2}$ hour. Beat egg

and add it, milk, bread, mushrooms and seasonings to chopped meat. Mix thoroughly. Bake in well-greased loaf tin, with strips of bacon on top, for 1 hour and 10 minutes at 400 degrees.

EMMA JANE BEHL.

Meat Balls.

Beef (cooked, ground) 2 cups.	Bread crumbs (dry) $\frac{1}{3}$ cup.
Flour 1 $\frac{1}{2}$ table- spoons.	Eggs (well beaten) 2.
Salt 1 teaspoon.	Milk (rich) or sweet or sour cream $\frac{1}{4}$ cup.
Pepper 1-16th tea- spoon.	

Mix all the ingredients together and season with a little chopped onion, $\frac{1}{2}$ teaspoon nutmeg, salt and pepper. Form into round, flat cakes and fry in butter. Serve with white sauce or left-over gravy.

MRS. MARGARET WALKER HOLMES.

Filled Meat Balls.

Beef or chicken (ground) 1 $\frac{1}{2}$ cups.	Onion and green pep- per. 1 small can.
Bread (soft) $\frac{1}{2}$ cup.	Milk (warm) or broth.
White sauce.	Egg (hard cooked, cut fine) 1.
Olives 2 or 3.	

Make a paste of the soft bread and milk or broth. Season and line well-oiled muffin pans with paste. Make a white sauce, add egg and olives. Fill lined pans half full and put a layer of meat on top. Bake 20 or 30 minutes.

MARY E. EGAN.

Stewed Meat Balls in Tomato Sauce.

Beef (ground) 1 pound.	Tomatoes 1 No. 2 $\frac{1}{2}$ can.
Bread (dry, soaked) $\frac{3}{4}$ cup.	Four 2 $\frac{1}{2}$ tablespoons.
Eggs 2.	Green pepper 1 small piece.
Salt $\frac{1}{2}$ teaspoon.	Butter 1 tablespoon.
Pepper $\frac{1}{4}$ teaspoon.	Dash of salt and pep- per.
Mustard 1 teaspoon.	
Onion (small) 1.	

Cook tomatoes 10 minutes. Strain. Put over fire and add salt, pepper and onion. Stir up flour in water until smooth. Pour slowly into tomatoes and stir while it thickens. Add butter and leave over low fire while meat is prepared. Press as much water as possible out of soaked bread. Put bread in mixing bowl, add eggs, salt and pepper. Mix well and add meat. Mix well again. Form into balls the size of an egg. Drop in tomato sauce and boil very slowly for about 25 minutes.

MRS. A. P. KREBILL.

Meat Loaf.

Beef (ground) $\frac{1}{2}$ pound.	Pork (ground) $\frac{1}{4}$ pound.
Cracker crumbs (fine) $\frac{1}{2}$ cup.	Baking powder 1 tea- spoon.
Tomatoes (canned) $\frac{1}{2}$ cup.	Sugar 1 tablespoon.
Milk $\frac{1}{2}$ cup.	Egg (well beaten) 1.
Salt 1 teaspoon.	Pepper $\frac{1}{4}$ teaspoon.
Nutmeg $\frac{1}{4}$ teaspoon.	Onion (medium sized, chopped fine) 1.
Pimento or green pepper 1.	Mushrooms (chopped fine) 1 small can.

Mix the baking powder in the crumbs, the sugar in the tomatoes, then mix all ingredients together and bake in well-greased covered casserole in moderate oven for 1 hour or $1\frac{1}{2}$ hours.

MRS. ROBERT C. TERRELL.

Meat Cakes with Tomato Sauce.

Beef shoulder (ground) 1 pound.	Paprika 1 teaspoon.
Milk (rich) 1 cup.	Beef rump (ground) 1 pound.
Cracker crumbs (rolled) $\frac{1}{2}$ cups.	Egg 1.
Onion (minced) 1.	Salt $2\frac{3}{4}$ teaspoons.
Tomatoes (canned) 3 cups.	Flour 2 tablespoons.
Stuffed olives 1 small bottle.	Green pepper (minced) 1.
	Button mushrooms 1 can.

Mix together the beef shoulder, rump, egg, milk, crumbs and $1\frac{1}{4}$ teaspoons salt. Fry in butter to good brown, remove from skillet and add enough butter to make 2 tablespoons fat. In this saute the minced onion, then add the flour and blend, then the tomatoes, green pepper, olives, mushrooms, salt and paprika. Cook until thoroughly smooth and blended. Place meat cakes in casserole, pour over sauce and bake in 375-degree oven for 45 minutes.

MRS. ROBERT M. RAMSAY.

Left-Over Meat and Macaroni Dish.

Macaroni (cooked) $\frac{1}{2}$ package.	Bacon (cut small and fried crisp) 2 slices.
Tomatoes (stewed) 2 cups.	Beef (cooked, cut fine) $\frac{1}{2}$ cups.
Onion (small, chopped) 1.	Green pepper (small, chopped) 1.
Gravy (left over).	

Add onion to fried bacon and fry brown; then add tomato and pepper; when hot remove from fire. Butter baking dish, put in half macaroni, then meat; remainder of macaroni on top. Pour tomato mixture on top, dot with butter and bake until brown.

CHARLOTTE G. POWELL.

Onions Stuffed with Beef.

Round steak (ground) $\frac{1}{2}$ pounds.	Pork steak (ground) $\frac{1}{4}$ pound.
Onion (small) 1.	Potatoes (small, mashed) 2.
Crusts (buttered, toasted) 2.	Egg 1.
Salt 1 teaspoon.	Sugar 1 teaspoon.
Pepper $\frac{1}{4}$ teaspoon.	

Mix all the above ingredients to-

gether. Boil 2 large Spanish onions 15 minutes. Separate leaves and fill with meat mixture. Fasten with toothpicks, sprinkle with sugar and fry in butter until brown, then cover and let steam 15 minutes.

MRS. ALBERT ULTES.

Oxtail Casserole.

Oxtails (cut in 2-inch pieces) 2.	Tomato (canned) 1 cup.
Onion (medium sized) 1.	Cloves 3.
Carrot (medium sized) 1.	Salt $\frac{1}{2}$ teaspoon.
Celery 1 stalk.	Fat 3 tablespoons.
Small bit of bay leaf.	Water (hot) 1 cup.
	Flour 2 tablespoons.

Brown tails in fat. Cut vegetables fine, add to tails and let brown. Sprinkle on flour and seasonings, put in casserole, add water and tomato and cook in slow oven for $3\frac{1}{2}$ hours.

MRS. M. R. COTHARIN.

Beef Pie.

Beef, pork or veal 2 pounds.	Carrots (diced) $\frac{3}{4}$ cup.
Potatoes (small) 4.	Onions (small) 2.
Celery (diced) 1 cup.	Salt 1 teaspoon.
Pepper $\frac{1}{4}$ teaspoon.	Flour 2 tablespoons.

Cook meat until tender (2 hours). Place in boiling water, then reduce to simmering for remainder of time. Cut into pieces and make gravy of broth by adding flour mixed with cold water. Put meat in baking dish and pour gravy over. Add vegetables which have been cooked. Cover with crust:

Flour $1\frac{1}{2}$ cups.	Fat 2 tablespoons.
Baking powder 3 teaspoons.	Salt 1 teaspoon.
	Milk $\frac{3}{4}$ cup.

Mix the above and roll out to $\frac{1}{2}$ -inch thickness. Cut holes in top to allow steam to escape. Bake 30 minutes in hot oven, 425 degrees.

MRS. W. R. SIEWERTH.

Beefsteak, Kidney Pie.

Round steak 2 pounds.	Lamb's kidney (par-boiled) 1.
Onion (small, chopped) 1.	Bit of thyme and bay leaf.
Salt $\frac{3}{4}$ teaspoon.	Pepper and celery salt.
Water (chopped) 1 cup.	

Cut meat into $\frac{1}{2}$ -inch squares. Line baking dish with pastry rolled thin. Add meat dredged with flour in alternate layers. Sprinkle seasonings on top. Add boiling water, cover with slashed crust, bake in slow oven 2 hours.

Stock or water $2\frac{3}{4}$ cups.	Drippings or butter 3 tablespoons.
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Cream or milk 3 tablespoons.	Paprika, curry powder, white pepper.
Onion 1 slice.	salt.

Melt butter, add onion, add dry ingredients and blend. Add stock and boil 10 minutes. Strain and keep hot. Before serving add cream or hot milk.

Flour 1 cup.	Butter 3 tablespoons.
Baking powder 2 teaspoons.	Ice water 4 table-spoons.
Speck cream of tartar.	Water 1 teaspoon.

Sift flour, then measure, then sift with baking powder twice. Dilute the cream of tartar in the teaspoon of water and add to ice water. Add butter to sifted flour and mix with knives. Add water and roll.

MARIE LOUISE FULLER.

Beef and Pork with Eggs.

Round steak 1 pound.	Pork shoulder $\frac{1}{2}$ pound.
Onion (large) 1.	Green pepper (small) 1.
Celery 1 small bunch.	Potatoes 2.
Egg 1.	Corn flakes (soaked in milk) 1 cup.
Salt and pepper.	

Put meat, onion, pepper, celery and potatoes through food chopper, add egg and corn flakes, salt and pepper and mix well. Put 3 hard-cooked eggs in center and shape into loaf and bake 1 hour. MRS. LOUISE MONSON.

Beef and Pork Loaf with Fruit.

Round steak 1 pound.	Pork shoulder (ground) $\frac{1}{2}$ pound.
Green pepper $\frac{1}{2}$.	Celery 3 outside pieces.
White bread (dry) 3 slices.	Egg 1.
Sage leaves $\frac{1}{2}$ teaspoon.	Onion 1.
	Apple 1.

Grind the above in meat chopper, add salt and pepper to taste and $\frac{1}{2}$ cup milk. Make in loaf and put in greased baking pan. Cover with a medium-sized can tomatoes, $\frac{1}{2}$ green pepper and 1 onion sliced, salt and pepper. Bake in moderate oven $1\frac{1}{2}$ hours, adding water when necessary and basting with liquid in pan. Do not cover.

MRS. AURELIA SPENGLER.

Beef and Pork Roast.

Round steak 1 $\frac{1}{2}$ pounds.	Pork $\frac{1}{4}$ pound.
Egg 1.	Rolls oats $\frac{3}{4}$ cup.
Pimentos (cut in small pieces) 2.	Olives (ripe, chopped) 18.
White onion (small, chopped) $\frac{1}{2}$.	Tomatoes (canned, strained) 2 cups.
Salt 3 teaspoons.	Pepper $\frac{1}{4}$ teaspoon.

Grind the steak and pork together twice. Add the egg well beaten and the rolled oats, olives, onion, pimento,

tomatoes, salt and pepper. Mix well and work into compact loaf and shape. Bake in moderate oven 1½ hours.

BEATRICE B. NIELSEN.

Beef and Pork with Tomatoes.

Round steak (ground) 2 pounds.	Butter 3 tablespoons.
Pork (lean, ground) 1½ pounds.	Green pepper (cut fine) 1.
Sage (powdered) 1 tablespoon.	Mushrooms ½ cup.
Celery (cut fine) ½ cup.	Onion (small) 1.
Soda crackers (rolled) 6.	Garlic 1 clove.
	Tomatoes 1 cup.
	Milk (rich) ½ cup.
	Salt 1 tablespoon.
	Pepper ½ teaspoon.

Put several strips of bacon in the pan before putting the meat loaf in, then several strips on top. Bake 1½ hours in a moderate oven.

BLANCHE COWDREY.

Beef with Raisin Sauce.

Boiling beef (cut in 1½-inch cubes) 2 pounds.	Water 1 quart.
	Salt 1 teaspoon.

Bring water to boiling point, add meat, cover closely, reduce heat and simmer until meat is tender. Allow about 45 minutes' cooking to each pound of meat. Drain off broth and measure. Add water if necessary to make 3 cups.

Butter 2 tablespoons.	Flour 4 tablespoons.
Sirup (heavy) ¾ cup.	Cider vinegar ¼ cup.
Seedless raisins 1 cup.	Lemon (sliced thin) ¼.
Cloves (whole) 10.	Bay leaf 1.

Melt the butter in skillet, add 4 tablespoons flour and brown lightly. Add sirup. Stir in broth slowly and allow to thicken. Add vinegar, raisins, lemon, cloves and bay leaf. Return meat to sauce and simmer slowly 30 minutes or until raisins are puffed and tender.

MRS. H. S. FOOTE.

Meat and Rice Balls.

Round steak (ground) 1 pound.	Pepper if desired.
Tomatoes 1 No. 2 can.	Green pepper (small, chopped) 1.
Rice (uncooked) ½ cup.	Onion (medium sized, chopped) 1.
	Salt 1 level teaspoon.

Soak rice in warm water 15 minutes; mix together with meat, onion and green pepper and seasoning. Make meat patties and brown thoroughly on both sides. Cover with tomatoes and let simmer 1 hour.

MRS. ARDIS L. HARDING.

Roast Beef.

Onion (small, cut up) 1.	Roast of beef 4 pounds.
Water 2 quarts.	Celery.

Rub beef with flour, pepper and

salt and brown in oven 450 degrees; add 2 cups water and reduce heat to 350 degrees and cook till tender. Wash, pare and cut in halves enough potatoes and whole small onions, 2 large-sized carrots cut lengthwise, 1 small parsnip cut lengthwise. Arrange vegetables around meat. Cover pan and steam until vegetables are tender. Uncover and let brown. Make gravy from liquid in pan, flavored to taste.

MRS. RAYMOND GALLAGHER.

Roast Beef.

Water 1 cup.	Roast of beef 6 pounds
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Wash and wipe off the roast and place on rack on broiling pan. Cut up suet and press pieces into top of roast. Pour water in bottom of pan. Place in oven 450 degrees for 20 minutes. Baste with hot water. Decrease heat to 375 degrees for 1½ hours, basting every 20 minutes, adding hot water if necessary.

GERTRUDE FOOTE.

Rolled Beefsteak.

Bread crumbs (soft) 1 cup.	Apple (peeled and diced) 1.
Flour.	Round steak 1 pound.
Fat.	Water or milk (hot).
Onion (small, chopped) 1.	Salt and pepper.

Cut round steak of ½ inch thickness into pieces 3 by 4 inches. Make a stuffing of the bread crumbs, chopped onions, sage, salt, pepper and diced apple with enough hot water or milk to moisten. Spread the stuffing over the pieces of steak, roll up each piece and tie it with a piece of string, or skewer it. Dredge generously with flour and add salt and pepper. Brown in beef drippings or other fat. Cover with boiling water and simmer for 1½ hours or until tender. Remove strings and serve meat with sauce in which it was cooked.

MRS. ELLA DEL.

Sour Batter.

Beef rump 6 pounds.	Onion (sliced) 1.
Garlic 1 clove.	Celery.
Carrot 1.	Thyme.
Bay leaves 2.	White vinegar 1 quart.
Cloves 2.	Flour 2 tablespoons.
Butter 4 tablespoons.	Tomato juice (strained) 1 cup.
Bouillon 1½ quarts.	
Salt, pepper.	

Rub the meat well with salt, pepper and garlic. Place in pot and tie in cloth onion, carrot, celery, bay

leaves, thyme and cloves. Pour vinegar over the above. Let stand 2 days. Heat the butter and brown the meat well, remove. Put flour in pan and let it brown. Add a cup of the vinegar and bouillon to meat. Put beef back and bring to boil, add tomato juice. When beef is tender slice. Let sauce boil down and pour over meat.

MRS. HERTHA JOAN CALKINS.

Spaghetti with Chopped Beef.

Spaghetti 1 pack- Salt and pepper.
age. Beef (chopped) ½
Fat 1 tablespoon. pound.
Tomato puree 1 Celery (chopped) ¼
small can. cup.
Onion (medium) 1. Sugar ½ teaspoon.

Place spaghetti in boiling salt water and cook until tender. Drain and let hot water run over for a minute. Brown the onion in fat. Add the chopped beef and simmer 2 minutes. Boil the tomato puree, celery, salt and pepper and sugar. Butter a casserole, put in spaghetti, mix meat and vegetables through it, grate dry bread on top of all and bake in hot oven 30 to 40 minutes.

MRS. R. C. HEUN.

Spanish Rice.

Round steak (chopped) ½ pound. Pork (chopped with steak) ¼ pound.
Suet 1 small piece. Celery (cut fine) 1
Green pepper head.
(chopped fine) 1. Spanish onion (cut fine) ½.
Parsley (chopped) Rice (partly cooked) ½ cup.
small amount.
Tomatoes 1 1-pound can.

Strain tomato juice and add some pulp. Mix all the above together and bake in moderate oven 45 minutes.

MRS. ANNA J. KERCHER.

Spanish Steak.

Round (thick) or Tomatoes 1 cup.
chuck steak 2½ Onions (sliced) 1 cup.
pounds. Green peppers
Stuffed olives 1 (chopped) ¼ cup.
small bottle.

Sprinkle steak with flour, brown in small amount of fat. Place meat in casserole, add green pepper, salt, pepper, tomatoes and chopped olives, then cover top with sliced onions. Bake in moderate oven, 350 degrees, for 2 hours. MRS. CAMILLA VIRGILS.

Breaded Round Steak with Mushrooms.

Round steak 1 pound. Egg (beaten lightly
Bread crumbs (dried) with 1 tablespoon
¾ cup. water) 1.

Salt 1 teaspoon. Drippings and a little
Flour 2 tablespoons. butter.
Mushrooms (tops and Water ¾ cup.
stems) 4-ounce can.

Pound the steak and cut it in pieces for serving. Dip pieces in crumbs, then egg, then crumbs again. Heat about ¼ inch fat in the frying pan and slowly fry the steak until brown on both sides. Season with salt and pepper. Place in casserole and pour ¾ cup hot water over. Cover. Place in moderate oven 350 degrees and bake 20 minutes. While baking make a gravy of 2 tablespoons remaining fat in the pan, 2 tablespoons flour, and when browned add ½ cup water, salt and mushroom liquid. When steak has baked 20 minutes pour gravy over and bake 15 minutes longer or until tender.

MRS. FRIDA BURROWS.

Stew.

Chuck beef ½ pound. Onions (small) 2.
Veal (stew) ½ pound. Garlic clove 1 thin
Lamb (stew) ½ pound. slice.
Pork (shoulder) ½ Paprika.
pound. Salt 2 teaspoons.
Fat 1 tablespoon. Pepper ¼ teaspoon.

Cut meat in small pieces, sear in skillet with fat until browned. Remove to kettle. Slice onions in skillet, dust with paprika, cook until yellow. Also remove to kettle. Pour boiling water into skillet to dissolve meat residue. Add to meat mixture in kettle. Add thin slice garlic. Simmer slowly 2 hours. Add salt and pepper.

MRS. MOEBIUS.

Stew, Beef Kidney.

Beef kidney 2 pounds. Onion (large) 1.
Green pepper 1. Whole pepper, cloves.
Salt. Bay leaves 2.
Flour. Vinegar or lemon 1
Parsley (chopped). tablespoon.

Cut kidney in small pieces, removing white tubes and fat. Cover with cold water for 1 hour. Drain and put in pan, cover with hot water, add salt to taste, few whole peppers, cloves, bay leaves, sliced onion and chopped green pepper and simmer until tender. Thicken by adding flour enough to gravy. Add vinegar or lemon juice and chopped parsley and cook 15 minutes longer. Serve with noodles. MRS. W. HERMANN.

Stew with Rice.

Hamburger (chopped) 3 pounds.
Onions 2.
Celery 2 stalks.
Kidney beans 1 can.
Green pepper 1.
Salt 1 tablespoon.
Tomatoes or tomato soup 1 can.

Brown meat in its fat, keep turning. Add salt, sliced green pepper and onions. Cook, add tomato, 2 cups water, celery diced. Let simmer slowly 1 hour. When done add cooked kidney beans. Serve with rice.

MRS. OTTO ORTH.

Swiss Steak.

Round steak (1 inch thick) 2 pounds.
Butter 2 table-
spoons.
White onions (small) 3.
Salt 1 teaspoon.
Flour 2 tablespoons.
Bacon drippings 2
tablespoons.
Carrots (small) 3.
White pepper to taste.

Trim steak and pound to half inch thickness. Cut into 5 equal portions. Dredge meat with flour. Heat butter and drippings in skillet, sear both sides of each piece of meat. Cut carrots in rounds $\frac{1}{8}$ inch thick. Brown and place on bottom of baking dish, add meat, the onions cut in $\frac{1}{8}$ -inch rounds and browned. Brown remainder of flour in skillet. Add water or stock, salt and pepper. Pour over meat and cook covered for 1 hour in moderate oven.

MRS. KATHERINE L. NEILSON.

Tamoli Pie.

Round steak (ground) 1 pound.
Red pepper $\frac{1}{4}$ tea-
spoon.
Green pepper 1.
Onion (large) 1.
Tomatoes 1 pint.
Salt 1 teaspoon.

Fry round steak and chopped onion in butter and brown well. Add pepper chopped fine, tomatoes and red pepper. Cook. Line baking dish with yellow corn meal mush. Put in meat, etc. Cover with top layer of mush. Bake $\frac{1}{2}$ hour in medium oven.

MRS. J. R. GLENNON.

Beef Tenderloin.

Beef tenderloin (sliced) $1\frac{1}{2}$ pounds.
Onion (cut fine) 1.
Roll each slice of tenderloin in flour, then fry in hot drippings with onion until brown. Add a cup of water and simmer $\frac{1}{2}$ hour. Add 1 cup sliced carrots, 1 green pepper, 1 tomato sliced and 1 cup water. Stew until all is tender, about 30 minutes.

MRS. J. J. SEYK.

Beef Tenderloin Roast.

Beef tenderloin 2 pounds.
Lemon $\frac{1}{2}$.
Salt, pepper, paprika.
Garlic 1 clove.

Have meat larded with strips of

suet. Wipe meat. Pour over it juice of lemon, rub meat with garlic. Roast meat uncovered 30 minutes, basting every 5 with its own drippings. Do not turn meat. When finished season with salt, pepper and paprika. Slice into inch slices and serve piping hot. Fresh mushrooms may be added to pan the last 8 minutes.

MRS. SCOTT CUNNINGHAM.

Tongue and Sauce.

Beef tongue (fresh) 3 to 3 $\frac{1}{2}$ pounds.
Tomatoes (canned) 1 $\frac{1}{2}$ cups.
Onion (good sized).
Capers 1 cup.
Pepper $\frac{1}{4}$ teaspoon.
Green olives (sliced) 1 cup.
Butter 5 tablespoons.
Salt $\frac{1}{2}$ teaspoon.
Bay leaves 2.

Wash tongue well in lukewarm water and parboil until about half cooked. Peel while still hot. Melt butter and cut in onion in half-inch round slices. Brown tongue in butter with onion, add tomato, salt, pepper, bay leaves. Cover pot and cook with slow fire until almost tender, 1 or 1 $\frac{1}{2}$ hours. Cut olives in small pieces. Wash capers and add to tongue and tomato and cook 30 minutes.

ANDRO P. FERMOS.

Flank Steak.

Flank steak 2 $\frac{1}{2}$ pounds.
Onion 2 tablespoons.
Tomatoes (canned) 1 cup.
Salt 1 teaspoon.

Cut away the outer rim of heaviest fiber. If the steaks are not thoroughly cut, then they should be cut cross-wise. Dredge with flour and saute in fat. Place in a baking dish and add 1 cup boiling water. Bake in low oven 2 hours. Add tomatoes, onion, salt; bake until tender ($\frac{1}{2}$ hour).

Spiced Beef.

Rump roast 6 pounds.
Salt 1 cup.
Allspice 2 teaspoons.
Cinnamon 2 tea-
spoons.
Cloves $\frac{1}{4}$ cup.
Worcestershire sauce 1 tablespoon.
Cayenne 1-16 tea-
spoon.

Wash then rub the meat with 1 cup of salt. Moisten with cold water to form a paste. Allow to stand over night in a cold place. Wash away most of the salt and boil the meat in a small amount of water until three-fourths of the way tender. Add vinegar and spices and when the meat is tender place in an earthen jar. Cover with liquor from the meat and weight down with a plate. Allow to stand until the meat is well flavored with the vinegar and spices.

ONE-DISH MEALS

and Salad Accompaniments

The one-dish meal has come as a culmination of years of planning and scheming on the part of the housewife. A one-dish meal is not a success unless it furnishes the necessary foods and saves time and labor.

In the following recipes you will find many ideas to make new combinations for the one-dish meal. A salad affords the opportunity of adding the cooked or uncooked vegetables and fruits with the mineral and vitamins which may have been incomplete in the other foods offered in the one-dish meal. With these one-dish meals a salad has been suggested for this purpose.

Baked Beef and Vegetable.

Chuck roast 5 pounds.	Green peppers (cut in half lengthwise) 3.
Flour 2 tablespoons.	Carrots (grated) 2 cups.
Salt 1 tablespoon.	Bread crumbs 2 cups.
Pepper 1 teaspoon.	Onion (chopped) 1 tablespoon.
Garlic 1 clove.	Butter 2 tablespoons.
Potatoes (peeled) 6.	
Bacon 3 slices.	
Pimento.	

Wipe roast with damp cloth and rub surface with flour, salt, pepper and garlic. Sear in hot oven, 500 degrees, until surface is well browned, then reduce heat to 350 degrees and roast for 1½ hours. Surround roast with medium-sized potatoes topped with half strips of bacon, peppers filled with carrots, mixed with bread crumbs and chopped onion. Dot with butter. Bake one hour, basting frequently. Serve roast on platter surrounded by potatoes and peppers. Garnish with strips of pimento. Serve a fruit salad of grapes, pears, grapefruit, orange on lettuce with French dressing.

MRS. IDA ZEMKE

Cabbage Rolls.

Cabbage 1 head.	Beef (ground) 1 pound.
Pork (ground) ¼ pound.	Rice (cooked) 1 cup.
Salt ½ teaspoon.	Pepper ¼ teaspoon.
Allspice ¼ teaspoon.	

Boil cabbage until almost tender. Drain and let cool. Place a large ta-

blespoon of rice and meat mixture on each leaf and shape into oblong rolls, folding cabbage leaf all around. Brown each roll on all sides in butter, then place in baking dish and steam in the oven until the meat is cooked through, about 30 minutes in medium oven. Baste often with the juice of cabbage and butter. Serve with brown gravy made in roaster. Serve with a tart salad, such as grapefruit.

MRS. NILS-MARTEN SWERRE.

Cabbage Stuffed.

Rice 1 cup.	Cabbage leaves (large)
Round steak 12.	
(ground) 1 pound.	Salt and pepper.

Wash and cook rice until tender in double boiler. Boil cabbage leaves until they are well blanched (about 5 minutes). Remove from water and lay 3 of the leaves in the bottom of a baking dish. Drain rice and put alternate layers of rice and ground meat on the cabbage, first browning meat in 1 tablespoon butter and a tablespoon of fat in hot skillet. Top each pile with another cabbage leaf and pin top and bottom leaves together with toothpicks. Bake in moderate oven 45 minutes. Serve grapefruit salad on lettuce leaves with French dressing.

MRS. BERTHA E. WITTE.

Cabbage Stuffed with Beef.

Cabbage 1 head.	Hamburger 1 pound.
Rice (cooked and cooled) ¼ pound.	Onions, salt, pepper to taste.

Wash cabbage, cut large slice off top and scoop out as much of the inside as possible. Have mixed rice and raw hamburger seasoned to taste with salt and pepper. Add a good-sized onion. Put this mixture in the cabbage, put the top on, tie up in a clean cloth and boil in salted water for an hour or more. Unwrap and put on platter when ready to serve. Pour over this a sauce of 3 tablespoons of butter, 3 tablespoons of flour, 1 cup milk and 1 teaspoon salt.

When serving slice so that cabbage and filling will be on each service. Serve with a salad of cream cheese, chopped peanuts and mayonnaise in pear halves on lettuce.

DOROTHY GREGSON.

Steak en Casserole.

Carrots (medium sized) 3.	Potatoes (large) 8.
Onion (medium sized) 1.	Butter 4 tablespoons.
Steak (round or sirloin) 2 pounds.	Sweet cream $\frac{1}{2}$ pint.
Bread crumbs (toasted) $\frac{1}{2}$ cup.	Tomato soup 1 small can.
	Salt 1 tablespoon.
	Pepper $\frac{1}{2}$ teaspoon.

Peel and slice potatoes and carrots. Chop onion fine. Put in baking dish alternating a layer of potatoes, carrots and meat. Spread onion over each layer of meat, dot with butter, season with salt and pepper. Pour cream and tomato soup over top layer and sprinkle with toasted bread crumbs. Bake in oven 1 hour. Serve with pineapple and rhubarb and nut salad on lettuce.

MRS. H. ELMER.

Steak en Casserole and Vegetable.

Round steak (cut 2 inches thick) 2 pounds.	Crumbs (buttered) $\frac{1}{2}$ cup.
Tomatoes 3.	Cheese (grated) $\frac{1}{4}$ cup.
Onions (medium) 4.	Water 1 cup.
Salt 2 teaspoons.	Parsley (chopped) 2 tablespoons.
Pepper $\frac{1}{2}$ teaspoon.	
Asparagus tips 1 can.	

Rub steak with 1 teaspoon salt and sear until brown in tablespoon of shortening. Add water and bake an hour at 350 degrees. Cover with sliced onions and tomatoes, salt and pepper. Cook 3 minutes, then add a layer of asparagus tips. Cover with buttered crumbs and cheese mixed. Bake 30 minutes. Remove to platter. Sprinkle with parsley. Make gravy of the fat and water left in roaster. Serve with a salad of lettuce, onions, cucumber, radishes and tomato.

MRS. RUBY MOON.

Cheese, Noodles, Meat, Tomato.

Round steak 1 pound.	Onions (medium sized) 2.
Suet 1 small piece.	Green pepper 1.
Cream cheese (rich) $\frac{1}{2}$ pound.	Stuffed olives 1 medium bottle.
Tomatoes 2 No. 2 cans.	Salt and pepper.
Chili powder 1 teaspoon.	Noodles (medium cut) $1\frac{1}{2}$ packages.

Put the following through the food chopper, keeping separate: Suet, onions, green pepper, cheese and meat.

Cook suet, onions and green pepper in 2 tablespoons bacon fat, adding meat to cook until red is gone (not brown or hard). Boil noodles in salted water 15 minutes. Drain and blanch. Put meat, etc., noodles, cheese, stuffed olives and tomatoes and seasonings into large baking pan. Mix thoroughly and bake an hour in medium oven. Serve with cabbage salad.

MRS. C. D. FOLTZ.

Baked Chili.

Round steak (ground) $1\frac{1}{4}$ pounds.	Chili powder $1\frac{1}{2}$ teaspoons.
Celery (cut $\frac{1}{2}$ inch thick) 6 stalks.	Red kidney beans 1 can.
Tomatoes 1 small can.	Green pepper (chopped) $\frac{1}{2}$.
Onions (sliced) 2.	Water 1 cup.
	Flour $1\frac{1}{2}$ teaspoons.

Fry the ground meat, adding a little at a time until slightly browned. Add onions, celery, green pepper, tomatoes, chili powder and salt with a cup of water. Thicken with the flour mixed with cold water, and cover. Let simmer 15 minutes. Add beans with their liquid. Cook slowly for 5 minutes. Put in baking dish and bake 45 minutes in moderate oven. Serve a salad of chopped cabbage, onion, celery and mayonnaise on lettuce.

MRS. T. W. DURANT.

Chili con Carne.

Round steak 1 pound.	Green pepper 1.
Red kidney beans 1 can.	Fresh pork $\frac{1}{2}$ pound.
Garlic 1 clove.	Onion (medium) 1.
Mushrooms 1 small can.	Tomato soup 1 can.
Celery 2 pieces.	Bacon (cut in strips) 4 slices.
	Salt $\frac{1}{4}$ teaspoon.
	Pepper $\frac{1}{4}$ teaspoon.

Sear the bacon until brown and all the grease is out of it. Cube the beef and pork. Put garlic and onion in to brown. Add diced celery and green pepper, tomato soup and beans. Simmer slowly an hour, adding water if necessary. Serve with a warm string bean salad with celery, bacon, onion and vinegar.

MRS. JOHN VAN TONGEREN.

Chili con Carne.

Hamburger 1 pound.	(fresh) Water 3 cups.
Tomatoes 1 No. 2 can.	Kidney beans 1 No. 2 can.
	Onions (sliced) 2 or 3.

Put all the above in a kettle, season to taste, adding a little red pepper if desired, and simmer for an hour and a half. Serve with wilted lettuce salad.

MRS. WARREN W. HART.

Chop Suey.

Pork (lean) ½ pound.
 Celery 2 stalks.
 Onion 1.
 Worcestershire sauce 1 teaspoon.
 Green pepper 1.
 Bean sprouts 1 small can.
 Chop suey sauce or molasses.
 Catsup 1 tablespoon.
 Rice (cooked) or noodles.
 Mushrooms 1 can.
 Beef ½ pound.

Trim the stringy parts off the meat. Sear the meat in a hot skillet. Add hot water, cover and let simmer, adding seasoning when half cooked. Cut up the celery, green pepper and onion and cook gently in salt water. Thicken gravy on meat, add chop suey sauce or molasses, Worcestershire sauce, catsup, drained vegetables and bean sprouts and mushrooms and mix gently. Cook with rice or noodles. Serve a salad of pear, apricot or prunes stuffed with cheese, on lettuce, with either French or mayonnaise dressing.

MARY E. EGAN.

Chop Suey.

Round steak 1 pound.
 Mushrooms 2 cups.
 Celery (cut in half-inch lengths) 1 bunch.
 Onions (large) 6.
 Molasses or Chinese sauce 1 tablespoon.
 Pepper and salt.
 Pork (lean, diced) 1 pound.
 Potatoes (large, diced) 2.

Melt the shortening in frying pan and sear the steak. Add pork. When meat is about half cooked add the mushrooms, then the potatoes and celery. Fry the onions in hot fat and add last. Then add pepper, salt and molasses. Mix a little flour and water and stir in to make a thin gravy, and let cook slowly an hour. Serve over rice. Serve tomato and lettuce salad with chop suey. MISS ZELMA JESSUP.

Corn Beef Hash.

Corn beef 1 12-ounce can.
 Soup stock or water 1 cup.
 Onion (minced) 1
 Potatoes (cooked) 4
 tablespoon.
 to 6.
 Celery 4 small
 Green pepper 1 table-
 stalks.
 spoon.
 Bacon 2 slices.
 Pimento 1 tablespoon.

Mince and saute the bacon, oil 12 large muffin rings with the bacon drippings well heated. Fill them with the above ingredients (ground or chopped and mixed with the liquid). Cover with buttered crumbs and bake ½ hour in moderate oven. Serve with a salad of cabbage, carrot, celery, raw spinach, pimento, orange and pineapple on lettuce with dressing.

MRS. M. DENNEY.

Corn Beef Stew.

Corn beef 6 pounds.
 Parsnips 4.
 Cabbage (quartered) 1.
 Salt and pepper.
 Carrots 3.
 Turnips 4.
 Potatoes 6.

Wash the meat, season well with salt and pepper. Put over fire with cold water to cover. Bring to boiling point, remove scum and simmer 3 hours. An hour before serving, skim off fat, pour some of the liquor into large kettle. In it cook the vegetables until tender. Serve meat in center of large platter with vegetables around. Serve with a gelatin salad of pineapple, cabbage and pimento on lettuce with mayonnaise.

MRS. LAURA GRAY.

Creole Rice.

Round steak (ground) 1 pound.
 Rice (cooked) 1½ cups.
 Chili powder 1 tea-
 spoon.
 Salt ½ teaspoons.
 Tomato puree 1 cup.
 Green pepper (chopped) 2 table-
 spoons.
 Onion (chopped) 2 table-
 spoons.

Cook onion and green pepper in 4 tablespoons fat for 4 minutes. Add steak and cook 15 minutes. Add salt, chili and cook for 15 minutes. Add tomato puree and simmer 5 minutes. Mix in rice and serve. Serve with a salad of pears with centers filled with chopped celery, pecans and grapes with mayonnaise on lettuce.

MRS. EDWARD BRYANT.

Dried Beef and Vegetable.

Butter 2 table-
 spoons.
 Milk 3 cups.
 Potatoes (mashed) 4 cups.
 Flour 6 tablespoons.
 Dried beef ½ pound.
 Cheese (grated).

Make a sauce of the flour, butter and milk. Add beef and put in buttered baking dish. Spread mashed potato over meat and cover with grated cheese. Bake in moderate oven until thoroughly hot and cheese is well browned. Serve with a salad of cabbage, onion and thousand island dressing on lettuce garnished with radishes and small sweet pickles.

MRS. WM. GRAY COGGESHALL.

Flank Steak.

Flank steak 2 pounds.
 Pepper, salt and bits of butter.
 Tomatoes (canned) 1 quart.
 Onions (good sized) 3.
 Celery 1 stalk.
 Potatoes (good sized) 6.

Score the steak and put it in the bottom of a round roasting pan. Season well with pepper, salt and bits of butter. Turn the tomatoes over

meat, slice the onions and celery over tomatoes and season vegetables with salt, pepper and butter. Put in slow oven (about 300 degrees) and cook 3 hours. About an hour before it is done peel the potatoes and put around sides of steak. Place meat carefully on hot platter, pour over steak can of peas, heated. Put potatoes at end of platter, garnish with parsley and serve. Serve a grapefruit and head lettuce salad with French dressing.

MRS. CHARLES G. GILBERT.

Flank Steak Stuffed.

Flank steaks (about 1½ pounds each) 2.	Poultry seasoning ½ teaspoonful.
Milk ½ cup.	Butter 1 tablespoon.
Onion (medium) 1.	Pepper ½ teaspoon.
Salt 1 teaspoon.	Potatoes (medium) 12.

Mash potatoes, add butter and milk. Fry onion cut fine in 3 tablespoons bacon drippings until tender. Mix well into potatoes and season with salt, pepper and poultry seasoning. Put one steak on top of the other, sew edges together with coarse white twine, leaving one end open. Stuff with potato dressing and close by sewing together. Put in roasting pan and season top with salt, pepper and butter. Cook in medium oven until tender. Baste often and add a little water for gravy. Serve on platter surrounded with hot buttered peas. Serve a salad of lettuce, tomatoes, celery, green pepper, chopped cucumber mixed with French dressing or mayonnaise.

MRS. J. ANDY.

Goulash.

Beef (lean) 1 pound.	Salt to taste.
Onion (large) 1.	Tomatoes 1 large can.
Celery 1 medium stalk.	Green pepper 1.
	Rice 1 cup.

Cook rice 20 minutes in a quart of water. Drain well. Chop onion and pepper finely. Cut celery in small pieces. Mix all ingredients thoroughly. Place in baking dish and bake in slow oven 1 hour. Serve with a salad of carrots and pineapple in gelatin on lettuce with mayonnaise.

MRS. NELLE J. MUIR.

Hamburger en Casserole with Corn.

Potatoes 8 or 10.	Round steak (ground) 1 pound.
Yellow bantam corn 1 No. 2 can.	

Boil potatoes in salted water, drain and mash, using 1 tablespoon butter

and 1 cup hot milk. Put fat in frying pan and brown the meat, seasoning with teaspoon salt and pepper. Butter baking dish; empty contents of can of corn into dish. On top of corn spread the browned ground steak, then put mashed potatoes on top of this. Place in 375-degree oven for half an hour, until potatoes are slightly browned. Serve with fresh tomato salad with French dressing.

MRS. JULIA WINKLE.

Hamburger en Casserole with Tomato.

Potatoes (medium sized, raw) 6.	Tomatoes 1 No. 2 can.
Beef (ground) 1½ pounds.	Milk (top) 1 cup.
Onion (medium sized) 1.	Salt 1 teaspoon.
	Pepper ½ teaspoon.
	Butter 2 tablespoons.

Slice potatoes, place ½ in casserole and place half meat evenly on potatoes. Grate half an onion over with half of salt and pepper, next layer of third of potatoes, then meat, onion, salt and pepper, then potatoes for top layer. Pour tomatoes and top milk over all. Dot with butter, cover and bake 2 hours in medium oven. For salad serve grated carrots with chopped English walnuts and celery, moistened with salad dressing and served on lettuce.

MRS. MABEL CARLSON.

Hamburger Steak.

Hamburg steak 2 pounds.	Red pepper 1.
Pepper 1 saltspoon.	Salt 1 teaspoon.
Onions (small) 2.	Rice (soaked in 1½ cups water) ½ cup.
Tomatoes 1 small can.	Green pepper 1.
	Carrots 3.

Mix all together, using water in which rice has been soaked. Pour into buttered baking dish. Sprinkle with bran lightly over the top. Dot with butter. Bake in moderate oven 1½ hours. Serve with apple sauce, orange marmalade, grape and raisin salad on lettuce with mayonnaise.

MRS. ALMIRA B. MOFFETT.

Hamburger with Peas.

Hamburger 1 pound.	Onion 1.
Peas 1 can.	Fat 1 tablespoon.
Salt ¼ teaspoon.	

Melt fat in frying pan, peel and slice onion and saute it in fat for 5 minutes over a low flame. Mix the hamburger in the pan with the onion, raise the flame and cook for 5 minutes, stirring frequently. Add the salt. Drain liquid from peas, reserving 3

tablespoons, and add this with peas to hamburger. Cook together gently 5 minutes. Serve with cabbage, celery and pineapple salad mixed together with mayonnaise and cream.

MRS. W. C. POHRTE.

Hot Tamale Casserole.

Corn meal 1 cup. Water (boiling) 3 cups.
Hamburger steak 1 Chili pepper $\frac{1}{4}$ tea-
pound. spoon.
Salt 1 teaspoon. Onion 1.
Tomato soup 1 can. Butter 2 tablespoons.

Make a mush of water and corn meal. Fry onions in butter until well browned, add chili pepper, then meat, and when brown add tomato sauce. Spread the mush in the bottom of a baking dish, saving some to spread over the top. Pour in meat mixture, then remainder of mush. Bake in moderate oven 30 minutes. Make a salad of sections of grapefruit on crisp lettuce leaves, moistened with French dressing.

ARNA S. RUFVOLD.

Italian Delight.

Spaghetti $1\frac{1}{2}$ boxes. Corn 1 small can.
Tomato soup 2 cans. Mushrooms 1 small
Butter $\frac{1}{2}$ cup. can.
Cheese (grated) 1 Hamburger steak $1\frac{1}{2}$
cup. pounds.
Green pepper 1. Onions 2.
Salt, red pepper, Worcestershire sauce
paprika. 2 teaspoons.

Let cool water run on cooked spaghetti, chop green pepper, onion and spaghetti, add corn and mushrooms. Sear meat in butter and add to other ingredients. Put in casserole and bake one hour in medium oven. Serve with a salad of diced celery, dates, apples and green grapes halved, on lettuce leaves with mayonnaise thinned with lemon juice.

MRS. W. D. LENNON.

Left-Over Meat.

Summer squash 1 Left-over cooked or
for every 2 serv- fresh green vege-
ings. tables, also potatoes.
Hamburger or left-
over meat $1\frac{1}{2}$
pounds.

Halve and clean squash. If using precooked vegetables and meat, bake squash sufficiently first. Then season hollow of squash with butter, add salt. Chop and mix meat, potato and beans, adding chopped raw onion and seasoning to taste. Mash this into the hollow of each squash, dust with flour. Brown slowly under flame. If

using uncooked meat and vegetables, cut up very fine and put in buttered squash and bake slowly. Brown as before. For salad shred carrot or cabbage with apple. Mix with dressing and serve on lettuce leaves.

MRS. M. WRIGHT.

Left-Over Meat.

Meat (left over) 2 Potatoes (small, raw)
cups. 5.
Onions (small) 3. Celery (chopped) 1
Red pepper (chopped) cup.
 $\frac{1}{2}$.

Shred the meat, slice the potatoes, onion thin, add the celery and pepper. Mix the ingredients together with left-over liquid of pot roast and garnish with rings of remaining half of pepper and a bit of parsley. Bake in casserole in moderate oven 45 minutes. Serve with baking powder biscuits. Serve a salad of halved ripe pears on lettuce with mayonnaise dressing garnished with maraschino cherries.

MRS. BENJAMIN F. HINTZE.

Left-Over Meat.

Spanish onions 5. Potatoes (medium
Bread crumbs (stale) sized) 6.
1 cup. Cooked meat (small
Milk, salt, pepper cubes) 2 cups.
and butter.

Bake the onions until about half done. Peel them and slice off the tops. Remove centers, leaving only 2 or 3 layers of wall. Mix the meat and half the crumbs, $\frac{1}{4}$ teaspoon of salt and a dash of pepper. Moisten with milk and stuff onions. Parboil potatoes until half done. Arrange in baking pan, set onions down among them, sprinkle with salt and dash of pepper. Pour over all enough milk to come to top of potatoes, sprinkle other half of crumbs over all, dot with butter and bake until done. Serve a tomato and lettuce salad, garnished with cheese and mayonnaise.

MRS. B. BENET.

Lima Beans and Beef.

Round steak (in inch squares) 1 pound. Dried limas 1 cup.
Salt, pepper, celery Onion (medium sized).
salt. Tomatoes 1 pint (or
can of tomato soup).

Soak beans several hours in cold water to cover, then simmer with sliced onion until tender and water is absorbed. Brown meat gently in 2 tablespoons drippings, then place in a casserole with alternate layers of beans and tomato and season. Bake

20 to 30 minutes. Serve a salad of Bartlett pears on lettuce, with cottage cheese in the center of the pears and a touch of jelly and French dressing.

MRS. MADELEINE TYLER.

Meat Balls en Casserole.

Beef (ground). Pork (ground).
Green beans (cooked). Tomatoes (cooked).
Onion (sliced).

Mix and season equal amounts of ground beef and pork. Form into balls and brown on both sides. Put a layer of cooked green beans in baking dish, then a layer of cooked tomatoes, then one of sliced onions, then a layer of meat balls, then onions with beans and tomatoes on top. Prepare a thin gravy with grease left from browning meat balls and pour in baking dish up to top. Cover and bake in moderate oven 2 hours. Serve a salad of chopped dates, sliced pineapple with mayonnaise on lettuce.

MRS. KARL TREEN.

Meat Balls and Dumplings.

Round steak (ground) 1 pound. Flour 2 tablespoons.
Onions (small) 2. Milk $\frac{1}{2}$ cup.
Salt 1 teaspoon. Carrots 6.
Pepper $\frac{1}{2}$ teaspoon. Celery 1 stalk.

Mix meat, a minced onion, salt, pepper, flour and milk. Shape into patties. Sear quickly on both sides in butter. Put in deep kettle. In butter remaining in frying pan brown the other onion sliced. Add enough hot water to cover meat patties half an inch when mixture is poured over them. Add $\frac{1}{2}$ teaspoon salt to the water; cook the meat $\frac{1}{2}$ hour. Wash and scrape carrots, cut lengthwise. Clean and cut celery in inch pieces. Add vegetables to kettle with meat and cook until vegetables are tender. Remove meat to platter and surround with vegetables. In the gravy cook the dumplings.

Flour 1 cup. Baking powder 2 tea-
Salt $\frac{1}{2}$ teaspoon. spoons.
Milk $\frac{1}{2}$ cup. Butter $\frac{1}{2}$ tablespoon.

Sift flour, salt, baking powder together and work in butter. Add milk gradually. Flour hands and fold into balls size of a walnut. Drop in gravy, cover closely and boil 10 minutes without lifting lid. Serve with a salad of lettuce and tomatoes.

MRS. CHARLES H. LORENZ.

Macaroni and Beef.

Macaroni 1 package. Dried beef 1 jar.
Flour 1 tablespoon. Butter 1 tablespoon.
Milk 1 cup. Bread crumbs (dried) 1 cup.
Butter 1 tablespoon.

Boil macaroni and drain. If beef is salty freshen by soaking in cold water. Make a cream sauce of butter, flour and milk. Add beef and fill buttered casserole first with macaroni, then creamed beef and alternate with the last layer macaroni. Put browned crumbs on top. Serve with shredded head lettuce salad with French dressing.

H. TARNON.

Macaroni and Meat.

Macaroni 1 cup. Milk 2 cups.
Salt 1 teaspoon. Pork (chopped) $\frac{1}{4}$
Pepper $\frac{1}{4}$ teaspoon. pound.
Beef (chopped) $\frac{1}{2}$ pound. Cracker crumbs (but-
tered) $\frac{1}{2}$ cup.

Boil macaroni until tender in boiling salted water. Fry meat until seared, stirring constantly. Butter casserole or baking dish and place alternately layers of macaroni and meat, sprinkle salt and pepper on each layer. Pour milk over it and cover with buttered crumbs. Bake 40 minutes in moderate oven, 325 degrees. Serve with vegetable salad, such as cold cooked string beans covered with finely cut onion, French dressing.

MRS. W. F. MOORHOUSE.

Macaroni, Meat and Vegetable.

Hamburger 1 pound. Macaroni 1 package.
Carrots (boiled, Mushrooms 1 small
diced) 1 cup. can.
Tomatoes 1 No. 2 can. Onion (finely chopped) 1
Parsley (finely 1 teaspoon.
chopped) 1 tea- Salt and pepper to
spoon. taste.

Fry meat in a little butter, salt to taste. Cook macaroni until tender in boiling salted water. Put first a layer of macaroni in buttered baking dish, then a layer of carrots, then a layer of meat, then mushrooms. Have top layer macaroni. Put onion, parsley and tomatoes over this with salt and pepper. Bake until brown, uncovering last half hour to brown. at 300 degrees for an hour or two. Make a salad of cabbage, apple, nuts, grated carrots and raisins with cream, lemon and sugar dressing.

MRS. G. E. CARLL.

Meat Loaf with Vegetables.

Beef (ground) 2½ pounds.	Celery 1 stalk.
Eggs 2.	Green pepper 1.
Cracker crumbs ¾ cup.	Onions (large) 2.
Milk or soup stock 1 cup.	Carrots 3.
Salt 1½ teaspoons.	Peas 1 small can.
Pepper ¼ teaspoon.	Tomatoes 1 medium-sized can.
Mushrooms 1 medium-sized can.	Potatoes (large, cut in sixths, lengthwise) 8.

Mix meat, eggs, cracker crumbs, milk or stock, salt and pepper and mold into a long loaf. Place in large open roaster well greased and bake in hot oven 20 minutes. Add celery, onion, green pepper and carrots cut into very small pieces, with peas, mushrooms and tomatoes. Place back in cooler oven for 45 minutes. Add potatoes, 1 teaspoon salt, 1 cup hot water and bake until potatoes are golden brown. Baste often. Serve with a celery cabbage salad with green pepper and pimentos, a dressing of oil, vinegar and catsup, on lettuce.

LENA R. LEVINE.

Meat and Noodles.

Egg noodles 1 pack- age.	Roast of beef (left over) 2 cups.
Gravy (left over).	

Cook the noodles in boiling water 10 minutes. Butter a deep casserole. Slice the meat and place alternate layers of meat, noodles and gravy in dish, starting with the noodles. Cover with buttered bread crumbs and cook 30 minutes in 325-degree oven. Serve with a tomato salad with garnish of onion, celery, parsley, green pepper and radishes on lettuce with French dressing.

MRS. H. F. PLASMAN.

Meat Pie.

Beef shoulder 1 pound.	Pork shoulder ¼ pound.
Shortening 3 table- spoons.	Potatoes 2.
Onion 1.	Carrots ½ cup.
Celery ½ cup.	Salt 2 teaspoons.

Cut meat in small pieces and dip in flour. Heat frying pan and brown meat in shortening. Add hot water to cover, and simmer gently until tender. Put meat in baking dish and thicken liquid left in frying pan with 2 tablespoons flour. Add gravy, cooked diced vegetables and salt. Cover with crust.

Flour 1½ cups.	Baking powder 3 tea- spoons.
Shortening 4 table- spoons.	Salt 1 teaspoon.
Milk ¾ cup.	

Sift flour, baking powder and salt

together. Work in shortening. Add milk and roll to half-inch thickness. Serve with lettuce salad with thousand island dressing

MRS. DAVID W. RADKE.

Meat and Vegetable Stuffing.

Carrots 5.	Potatoes 5.
Onion (large) 1.	Bacon 1 slice.
Flank steak 1.	Salt and pepper.

Wash and peel potatoes. Cover with cold salted water and set aside. Wash and scrape carrots. Peel onion and a slice off each end. Make a slit down one side and separate layers gently so as not to break them. Cut bacon in five equal pieces and put a piece in each of five sections of onion. Place a carrot also in ring and roll all up in a strip of beef about 3½ inches wide. Fasten with toothpicks and brown in hot skillet in drippings. When well browned add a cup of boiling water and simmer gently an hour. Add potatoes and cook until all is tender. Season with salt and pepper. Place meat in center of platter and remove toothpicks. Add 1½ cups boiling water and thickening to skillet for gravy. Serve with a combination salad of lettuce, onion, celery and tomato with grated egg and vinegar and hot water with mustard dressing.

MRS. F. W. O'CONNELL.

Mexican Style Chopped Meat.

Beef (chopped) 1 pound.	Macaroni (cooked) ½ package.
Onion (small, chopped) 1.	Salt 1 teaspoon.
Red kidney beans 1 can.	Pepper ¼ teaspoon.
Tomatoes 1 small can.	Water ¼ cup.
	Paprika.
	Baking powder ½ tea- spoon.

Put some beef suet or a tablespoon of lard in a skillet. Add onion and fry until brown. Add baking powder to meat, salt, pepper and water and mix thoroughly. Shape into balls or patties ½ inch thick and fry until done. Add cooked spaghetti, beans and tomatoes and a little water if necessary and cook 3 minutes. Sprinkle paprika on top. Serve a salad of ¼ head lettuce shredded with mayonnaise.

MARGUERITE M. NELSON.

Noodle Chop Suey.

Bacon 2 slices.	Beef (fresh, chopped) 1½ cups.
Onion (sliced) ½ cup.	Celery (chopped ½- inch) ½ cup.
Tomato puree 1½ cups.	Salt and pepper.
Noodles (cooked) 2 cups.	Water (or left-over gravy) ½ cup.

Dice and fry bacon until it begins to brown, add onions and celery, cook 5 minutes, add meat and liquid, cover closely and cook 15 minutes over slow fire. Stir in the tomatoes, add salt and pepper to taste, heat thoroughly, pour over hot cooked noodles, blend carefully and serve very hot. For salad shred a solid head of lettuce, mix with French or boiled dressing.

MRS. A. M. DANIELS.

Noodles, Meat and Vegetable.

Noodles 1 package.	Onion $\frac{1}{2}$.
Veal (cubed) 1 pound.	Celery (diced) 1 cup.
Carrots (diced) 1 cup.	Bouillon cube (dissolved in $\frac{1}{2}$ cup hot water) 1.
Butter 1 tablespoon.	Shortening 2 tablespoons.
Flour 1 tablespoon.	Salt $\frac{1}{2}$ teaspoon.
Pepper to taste.	Green peas (fresh).
Beef (lean, cubed) 1 pound.	Green pepper 1.

Cook noodles in boiling salted water. Drain and blanch with cold water. Butter a baking dish, line with noodles, brown diced meat with onion, butter and shortening. Put layer of meat over noodles, then carrots, peas, then some more meat and top with noodles. Melt balance of butter and shortening, pour over flour and blend. Add milk, salt and pepper, bouillon cubes and water, green sweet pepper. Pour over entire mixture and bake 3 hours in 375-degree oven, covered half of the time. Serve with lettuce salad with Roquefort cheese dressing.

MRS. E. CAPOUCH.

Noodles, Meat and Vegetable.

Smoked beef or corned beef (boiled and cut in cubes about $\frac{1}{2}$ -inch) $\frac{1}{2}$ cups.	Eggs 3.	Salt $\frac{1}{4}$ tablespoon.
	Flour 2 cups.	Fat 4 tablespoons.

Beat the eggs, add salt and flour to make stiff dough. Divide into three parts. Roll one part as thin as possible and let dry for an hour. Repeat with other two parts. Cut sheets into strips 3 inches wide, place these strips on top of one another, cut them into pieces crosswise $\frac{1}{4}$ -inch wide. Repeat with other sheets. Let dry. Boil 20 minutes in 3 quarts boiling salted water, drain, blanch and drain. Put layer of noodles in buttered baking dish, then half of the meat, then layer of noodles, balance of meat and noodles. Dot with fat and bake an hour in 325-degree oven. Serve

a tomato, lettuce and cucumber salad with French dressing.

MRS. ISIDOR SABATH.

Oven Stew.

Salt pork 2 slices.	Flour.
Beef $1\frac{1}{2}$ pounds.	Tomato soup 1 can.
Water $1\frac{1}{2}$ cups.	Carrots (medium sized) 4.
Onions (small) 6.	Potatoes (medium sized) 6.
Salt, pepper and paprika.	
Onions (large) 2.	

Cube pork and brown in skillet, remove to baking dish, leaving fat in pan. Brown chopped-up onions in fat, put with pork. Cut up beef, roll in flour, brown in fat and put in baking dish. In the remainder of fat add water, tomato soup, salt, pepper and paprika to taste. Add flour mixed with a little cold water and boil 3 minutes, stirring all the time. Pour over beef, cover and bake till meat is nearly tender, about $1\frac{1}{2}$ hours. Then add whole small onions, carrots and potatoes; bake an hour longer at 375 degrees. Serve a cucumber salad with sour cream dressing.

MISS E. HOFFMAN.

Pepper Stuffed with Beef.

Peppers (medium sized) 5.	Round steak (ground) $\frac{1}{4}$ pound.
Onion (small, chopped) 1.	Bread crumbs $\frac{1}{2}$ cup.
Celery (chopped) 2 pieces.	Tomato pulp 1 small can.
Salt $\frac{1}{4}$ teaspoon.	Black pepper and paprika.

Mix ingredients thoroughly with half the tomato pulp. Pour hot water over peppers, cut off stem end and remove the seeds. Stuff the peppers, put back on top and fasten with toothpick. Put 2 or 3 tablespoons bacon drippings in baking pan, fill half full with hot water and pour rest of tomato pulp over pepper. Bake in moderate oven 30 to 45 minutes. Serve a salad of cabbage, celery and apples with cooked dressing.

MRS. H. E. AIKEN.

Beefsteak Pie.

Round steak (cut in long narrow strips with strip of fat on each) 2 pounds.	Parsley (chopped) 1 tablespoon.
Onion (shredded) 1.	Shallot (chopped up fine) 1.
Pinch of mace.	Salt and pepper to taste.
Pinch of powdered thyme.	Carrots (diced) $\frac{1}{2}$ cup.
Peas (cooked) $\frac{1}{2}$ cup.	Mushrooms (small) $\frac{1}{2}$ cup.
Flour 1 cup.	Oysters (medium) 1 dozen.

Dust the meat with salt and pepper. Lay these in the bottom of baking

dish, the edge of which is lined with paste; pour in sufficient water to cover meat, add onion, shallot, mace, vegetables mixed and sprinkled all over, then oysters and mushrooms and a dredging of flour. Cover with crust rolled $\frac{1}{2}$ -inch thick, slash the top to allow steam to escape, put bits of butter on top and bake in moderate oven, 350 degrees, for 2 hours. Serve a salad of shredded lettuce, chopped watercress, julienne of celery, chopped chives with thick French dressing, chopped beets and chopped hard-cooked egg. MRS. SUZANNE DE GOUY.

Planked Hamburger.

Hamburger 1½ pounds. Drippings 4 table-spoons. Salt 1 teaspoon. Onion (grated) ½ cup. Pepper ¼ teaspoon. Bread crumbs (soft) ¼ cup. Water (cold) 4 table-spoons.

Add salt, pepper, water, drippings to meat and stir until thoroughly mixed; add grated onion and crumbs and stir again. Shape into roll, place on plank or platter and flatten to $\frac{1}{2}$ -inch thickness. Put on broiler rack and sear quickly, then reduce heat and cook gently 20 minutes. Remove from oven. Pipe potato roses all around steak, make cavity in center of alternate roses and fill with prepared vegetables. Sprinkle with $\frac{1}{2}$ cup crumbs and 4 tablespoons grated cheese and return to broiler to brown. Serve with ginger ale, grape, pineapple and almond salad in gelatin. MRS. W. J. PATCHEN.

Pot Roast.

Beef (chuck, rump or round) 3 pounds. Carrots (large) 5. Potatoes (medium sized) 5. Green pepper (large, cut in rings) 1. Onions (medium sized) 5. Bacon drippings or fat 3 table-spoons. Celery (cut in 4-inch strips) 1 large stalk.

Roll meat in flour and brown on all sides, using bacon drippings. Season with salt and pepper. Transfer the meat after it is brown to a kettle deep enough to hold beef and vegetables. Cover tightly and let simmer 3 hours. Place vegetables on top of meat, season with salt and pepper, cover and let simmer until done, about 45 minutes. Remove meat and vegetables and thicken gravy. Serve with cabbage salad with cooked dressing on lettuce. E. M. SHAW.

Rice and Meat.

Rice (partly cooked) 1½ cups. Potatoes (raw, sliced thin) 6. Onions (sliced) 2. Round steak (made in patties) 2 pounds. Bacon 4 strips halved.

Put the rice, then potatoes, then steak, then onions, then bacon in greased baking dish and pour over all 1 small can of tomatoes; salt and pepper to taste. Bake in hot oven 2 hours. Keep moist while baking by adding hot water if necessary. Serve with carrot salad on lettuce with mayonnaise dressing.

MRS. LENA SNIDER.

Roast Beef and Vegetable.

Short ribs of beef 3 pounds. Green string beans ½ pound. Onions (whole, small) 4. Potatoes. Carrots (large) 3. Yellow turnip (small) 1. Celery 1 stalk.

Cut short ribs in squares and sprinkle well with salt and pepper. Put in hot oven and brown, add small amount of boiling water, lower heat and bake 2 hours, basting when necessary. Add potatoes of even size, onions, and bake 1 hour more until potatoes and meat are cooked. Dice carrots, celery, turnips, cut string beans in $1\frac{1}{2}$ inch lengths. Boil together in salted water until tender and strain off water. Remove meat and potatoes, add water to meat to make gravy, thicken with cornstarch or flour and flavor to taste. Add cooked vegetables to gravy. Serve with tomato lettuce salad with thousand island dressing.

MRS. ELMER HELLER.

Beef Roast with Vegetables.

Short ribs of beef 5 pounds. Potatoes (medium sized) 5. Onions (large) 2. Rutabaga 1. Carrots (medium sized) 4. Turnip (small) 1.

Wipe the meat with a damp cloth, place in roaster and sear for 30 minutes in 450-degree oven. Reduce temperature to 375 degrees, add 2 cups of water, cover and bake slowly 1 hour. Then add whole potatoes pared, carrots cut in halves, onions and turnip quartered, bake slowly for 1 hour. Thirty minutes before serving season with salt and pepper. Serve meat on platter with vegetables. Make a salad of apples reddened in

cinnamon red, drop sugar on lettuce with fruit dressing.

MRS. A. E. THOMAS.

Round Steak and Vegetables.

Round steak 2½ pounds.
Suet ½ pound.
Paranips (medium sized) 4.
Celery 2 stalks.
Yellow turnip (medium sized) 1.
Irish potatoes (medium sized) 5.
Sweet potatoes (medium sized) 5.
Carrots (medium sized) 4.
Onions (good sized) 5.
Apples (red, juicy) 2.

Prepare vegetables, cutting lengthwise into halves or quarters, reserving onions and celery. Chop these with stale bread into tiny bits, using about 1 large loaf of crumbs. Divide steak into 2 sections, place one in the roaster with dash of salt, pepper and paprika. Cover with dry bread dressing. Slice unpeeled apple over, then half of suet finely chopped. Add other steak section seasoned, the rest of the suet and sprinkle generously with flour. Add cup of water and bake one hour. Arrange vegetables and apple around meat. Pour over all a pint of liquid, half milk and half water, cover, place in slow oven and bake 1 hour, basting occasionally. Serve a salad of head lettuce combined with raw spinach and green pepper, topped with an olive, a slice of pineapple or banana with mayonnaise or French dressing.

EVA L. DEPERT.

Round Steak and Vegetable.

Round steak 1 pound. Peas 1 No 2 can.
Potato (large) 1. Salt, pepper and flour.

Cut steak into pieces for serving. Pound salt, pepper and flour into steak. Sear in hot skillet, lay on platter. Grind potato in food chopper, put with drained peas, pour into skillet, add 2 cups water. Put layer of steak in casserole, then layer of vegetables, etc. If necessary add more water to cover. Bake in medium oven 2 or 3 hours until meat is tender. Serve a salad of apples, cabbage, celery, almonds and walnuts mixed with cooked dressing on lettuce.

MRS. MARY ROSS.

Scrapple.

Yellow corn meal 1 pint. Salt 2 teaspoons.
Beef and pork (cooked and diced) ½ pound. Water (boiling) 2 quarts.
Butter 1 ounce.

Add meal gradually to boiling salted water. Stir continually and cook 10 minutes, then cook in double boiler half an hour. Add chopped meat and put in greased bread pan. Slice like bread and flour both sides. Fry in hot cooking oil a golden brown. Serve with grape and celery salad on lettuce with mayonnaise.

AGNES KAUSE.

Soup and Salad.

Onion (small, minced) 1. Hamburger steak ½ pound.
Fat 2 tablespoons. Tomatoes 1 pint.
Carrots (ground) 2. Water 1 quart.
Rice ¼ cup. Salt 2 teaspoons.
Pepper ¼ teaspoon.

Brown the onion and hamburger in the fat. Add the tomatoes, carrots and water and simmer 1 hour. Then add the rice and seasonings and cook 20 minutes or until rice is soft. Serve a salad with chopped romaine, chopped eggs, olives mixed with cooked dressing.

RUTH CASS.

Spaghetti, Tomato and Meat.

Spaghetti 1 package. Flour 2 tablespoons.
Onion (chopped fine, small) 1. Tomato puree 1 small can.
Salt to taste. Chili powder 1 teaspoon.
Hamburger ½ pound. Butter 2 tablespoons.

Cook the spaghetti, then drain and pour over it the sauce. To the tomato puree add water equal to twice the contents of the can, then the onion and green pepper, salt, chili powder. Bring to a boil and cook slowly for 15 minutes. Fry the hamburger without seasoning. Brown the butter and flour, add the tomato mixture, then the hamburger. Cook for 2 minutes and add spaghetti. Serve a cabbage salad with Roquefort cheese dressing.

MRS. SADI MCKEE.

Spanish Macaroni.

Onion (medium, cut small) 1. Celery (diced) 1 cup.
Green pepper (diced) ½. Tomatoes (cooked) 1½ cups.
Bacon fat 2 tablespoons. Round steak (ground) 1 pound.
Salt ½ teaspoon. Macaroni 1 medium-sized package.

Cook macaroni in boiling salted water 15 or 20 minutes. Drain and rinse. Wash onion, celery and green pepper. Fry in bacon grease for 30 minutes over medium fire, keeping them covered and stirring often. While this is cooking fry round steak

in bacon fat and 2 tablespoons butter. Fry 30 minutes until brown, stirring often. Mix tomatoes with fried vegetables and add to meat. Put in greased baking dish with strips of bacon on top. Place dish in pan of hot water and bake from 30 to 45 minutes in moderate oven. Serve with a salad of beets, peas and eggs on lettuce with mayonnaise.

ALICE ELDRIDGE.

Stew and Dumplings.

Beef (lean) 1½ pounds.
Tomatoes (large) 2.
Onions (small) 5.
Fat 4 tablespoons.
Bay leaf 1.
Potatoes (large) 2.
Carrots (medium sized) 2.
Pimento 1.
Flour 6 tablespoons.
Salt 1 teaspoon.

Have meat chucked into pieces 1½ inches square. Place fat in to heat. Brown meat quickly. Remove from pan when all sides are well seared and put in well-greased casserole. Scrape and dice carrot, peel onions, peel and cut tomatoes in small pieces. Remove seeds and membrane from pimento and cut into strips. Add the vegetables to meat and sprinkle with ½ teaspoon salt. Add flour to fat in frying pan. Stir till smooth and well browned. Add remaining ½ teaspoon salt and pour in water slowly. Pour over meat, etc., and cover. Cook 1½ hours in slow oven. Pare potatoes and cut in ¾-inch slices lengthwise. Put slices on top of meat and cook 30 minutes, or until tender. Add dumplings. Cover and cook 15 minutes.

Shortening 1 table-
spoon.
Milk or water to
make stiff dough.
Flour 1 pint.
Baking powder 1 tea-
spoon.
Salt 1 teaspoon.

Roll the dumplings an inch thick and cut in squares. Serve with lettuce and grapefruit salad.

MRS. J. H. GUNDER.

Beef Stew and Lima Beans.

Dried lima beans ¾ pound.
Carrots 1 bunch.
Chuck stewing meat
(boneless) 1 pound.

Soak beans over night. Add meat, cut in pieces. Stew for 1½ hours. Add quartered carrots and cook until they are soft. Season with salt, pepper and celery salt. Serve a salad of diced honeydew melon, grapefruit and orange on hearts of lettuce. Dress with sweetened orange or lemon juice.

MRS. A. SWET.

Stew and Vegetable Salad.

Boiling beef 2 pounds.
Flour 3 tablespoons.
Carrots (cubed) 3.
Onions (sliced) 2.
Turnip (small, cubed) 1.
Celery (cubed) 5 or 6 pieces.
Bay leaves 2 or 3.
Cloves 2.
Peas 1 small can.
Potatoes 6 or 7.
Salt and pepper.

Cut meat into pieces for serving. Divide into two portions. Cover one part generously with cold water and slowly bring to boiling point. Dredge other portion of meat with flour and sear on both sides in frying pan. Add to meat and water. Cook slowly for 2 or 2½ hours. Add other vegetables and spices last half hour of cooking. Serve with lettuce, tomato and shredded cucumber salad.

AGNES F. CAREY.

Swiss Steak.

Round steak 2 inches thick.
Fat 2 tablespoons.
Onions (sliced).
Carrots.
Salt and pepper and flour.
Tomato soup 1 can.
Potatoes.

Sprinkle steak with salt and pepper and pound sufficient flour to dredge well. Sear meat all over in fat, put in roaster, pour a can of tomato soup over the meat and let simmer for one hour. At the end of that time cover the meat with sliced onions and place potatoes and carrots on top. Cover and let cook another hour. Make gravy of the liquid in the pan. Cut head lettuce in sections and serve with thousand island dressing for salad.

CLARA M. BECKER.

Tomato, Spaghetti and Cheese.

Steak (chuck or round, ground) 2 pounds.
Concentrated tomato pulp 4 cans.
Onion (cut fine) 1.
Italian cheese (grated).
Italian spaghetti (fine) 1½ pounds.
Eggs 2.
Mushrooms 1 8-ounce-can.
Green pepper (diced small) 1.
Garlic (cut fine) 4 cloves.
Salt and pepper to taste.

Mix ground meat with salt, pepper, eggs and garlic (2 cloves). Roll meat in small balls, dip in crumbs and fry in hot fat until brown. Dilute tomato pulp (4 cans of water to each can of pulp). Add green pepper, onion, remaining garlic and bring to a boil. Turn meat balls in kettle as they brown and let cook slowly 2 hours. Add fat and mushrooms when sauce is thickening. Boil spaghetti in boiling salted water for 15 minutes, then drain. Put meat balls in deep bowl.

Serve spaghetti and sauce. Sprinkle with grated cheese. Serve a salad of canned green peppers on lettuce with French dressing.

MRS. BETTY ARNOLD.

Tomato, Spaghetti and Cheese.

Chuck pot roast 2½ pounds.
Cheese (½ Parmesan, ½ Swiss, grated) 1 cup.
Butter ½ cup.
Spaghetti ½ pound.
Bay leaves 3.
Garlic (cut fine and rubbed to a paste) 1 clove.
Water 1¼ cups.
Pepper ½ teaspoon.

Mushrooms (dried) ½ cup.
Tomato puree 1½ cups.
Parsley (minced) 2 tablespoons.
Onion (medium sized, minced fine) 1.
Green pepper (minced) 2 tablespoons.
Salt 1 teaspoon.
Paprika ½ teaspoon.

Wash and clean mushrooms, removing any sand, and soak in ¾ cup cold water 30 minutes. Fry onion in butter to straw color. Remove and sear meat well. In second pan place tomato puree, water, onion, garlic, mushrooms and water in which they soaked, bay leaves, parsley, green pepper, celery, salt, pepper and paprika and bring to a boil. Place butter in which meat was seared into gravy and continue boiling hard for 2 minutes. Reduce flame and simmer gravy and meat until meat is tender (1½ to 2 hours). Place 2½ quarts water and 1 tablespoon salt in third pan and bring to a boil. Add spaghetti and cook 18 to 20 minutes until tender. Then drain and blanch. Place spaghetti on a platter, then pour over gravy, sprinkle with ½ cup grated cheese, then place remaining spaghetti over this, then gravy and remaining cheese. Serve a salad of cold hearts of head lettuce with French dressing.

MRS. D. JULIAN BLOCK.

WITHOUT MEAT.

Celery Souffle.

Milk 1½ cups.
Flour 1 tablespoon.
Eggs 5.
Salt ¾ teaspoon.

Butter 2 tablespoons.
Celery (cooked, finely chopped) 1 cup.

Cook the milk, butter, flour, salt and yolks of eggs in a double boiler, and add whites beaten stiff just before removing from the stove. Add the celery and bake. Serve with grapefruit salad.

CARRIE ASHTON JOHNSON.

Cheese Loaf.

Cottage cheese 1 cup.
Carrots (cooked, chopped) 1 cup.
Bread crumbs 1 cup.
Parsley (chopped) 1 tablespoon.

Eggs 2.
Peanuts (ground) 1 cup.
Mustard ½ teaspoon.
Few drops onion juice.
Salt 1 tablespoon.

Put cheese through coarse sieve. Add beaten eggs, then mix with the rest of the ingredients. Bake in a loaf pan in moderate oven, 350 degrees, until brown. Serve with tomato sauce.

Mushrooms (sliced) 1 tablespoon.
Onion (chopped) 1 tablespoon.

Butter 2 tablespoons.
Tomato 1½ cups.
Salt ¼ teaspoon.
Capers 1 tablespoon.

Cook butter and onion until yellow and add tomatoes. Cook until moisture has nearly evaporated. Add mushrooms, capers, salt and cayenne. Serve with pineapple and pear salad on lettuce with mayonnaise.

MRS. WILLIAM AMEND.

Cheese and Macaroni.

Macaroni ½ cup.
Bread crumbs (soft) 1 cup.
American cheese (grated) ½ cup.
Eggs (beaten separately) 3.
Salt 1 teaspoon.
Milk 1 cup.

Butter ¼ cup.
Red or green pepper (chopped) 1 tablespoon.
Parsley (chopped) 1 tablespoon.
Onion juice 1 teaspoon.

Cook macaroni, drain and blanch. Scald milk and add the rest of the ingredients. Bake in buttered ring mold for 40 minutes at 350 degrees. Serve with:

Butter 3 tablespoons.
Flour 3 tablespoons.
Milk 1½ cups.

Mushrooms (canned) with juice 1 cup.

Melt the butter. Add the mushrooms and juice and heat 5 minutes. Then add the flour and milk. Stir carefully until smooth. Season to taste and place in center of mold. Serve with tomatoes stuffed with chopped nut meats, salt, celery and mayonnaise, on lettuce.

MRS. J. H. SWALE.

Creamed Egg on Toast.

Asparagus tips 30.
Eggs 5.
Cream (thin) 3 cups.
Flour 3 tablespoons.

Bread 5 slices.
Bacon 15 slices.
Butter 2 tablespoons.
Mushrooms (canned) 1 cup.

Boil the asparagus tips 20 minutes. Salt. Cook the eggs 20 minutes. Put through potato ricer. Fry the bacon crisp. Heat the cream and butter and add the flour mixed with cold milk and salt to taste. Cook until thick, then add the mushrooms cut in small pieces. Toast the bread, place a slice on each plate, then 6 asparagus tips on toast. Add one hard-cooked egg, then pour a few spoons of mushroom sauce over and top with 3 slices of bacon. Serve with a salad of peaches,

the centers filled with mayonnaise, grated celery and ground nuts.

JENNIE C. PENDELTON.

Eggplant.

Eggplant (medium) 1. Corn flakes 1 cup.
Onions (large) 2.
Tomatoes 1 medium. Butter 2 tablespoons.
can. Peanut butter 2 table-
spoons.
Cheese (grated) $\frac{1}{4}$ Salt.
cup.

Butter a baking dish. Alternate very thinly sliced onion and eggplant. Dot each layer with butter and peanut butter. Season with salt. Over this pour tomatoes, sprinkle with cheese and corn flakes. Bake covered for $\frac{1}{2}$ hour in 325-degree oven. Uncover, run spoon through dish, increase heat to 350 to 375 degrees and bake until solid (about 20 to 30 minutes). Serve with raw cauliflower, cabbage and celery salad with cream cheese and mayonnaise. C. HAHN.

Macaroni Loaf with Mushroom Sauce.

Macaroni 1 cup. Bread crumbs (soft) 1
Cheese (grated) 1 cup.
cup. Butter (melted) 3 ta-
blespoons.
Eggs (well beaten) 2. Onion (medium size,
Parsley (chopped) 1 tablespoon. grated) 1.
Milk 1 cup.

Cook the macaroni in boiling salted water until soft. Drain into a colander. Season the remaining ingredients to taste with salt and pepper. Mix thoroughly with cooked macaroni. Bake in well-greased bread pan in pan of hot water 45 minutes.

Mushrooms (peeled, Butter 4 tablespoons.
chopped and sau- Milk $\frac{1}{2}$ cups.
teed in melted Flour 4 tablespoons.
butter 5 minutes) Salt and pepper.
 $\frac{1}{2}$ pound.

Blend the butter and flour, add the milk and salt and pepper. When sauce is thick add the prepared mushrooms. Add a little chopped parsley and serve with loaf. Serve with a grapefruit and orange salad with French dressing on lettuce.

I. H. RECKETT.

Mushroom and Egg.

Celery (finely diced) Salt to taste.
2 cups. Mushrooms 1 tall can.
Eggs (hard 2. Flour 2 tablespoons.
cooked) 5. Milk 2 cups.
Butter (melted) 2 Cheese (grated).
tablespoons.

Cook the celery until tender in small quantity of water with $\frac{1}{2}$ teaspoon salt. Drain and add to mushrooms. Blend the flour with butter. Add milk and salt to taste. Bring to

a boil and cook slowly until thick. Add celery and mushrooms. Serve in patty shells or on toast triangles. Garnish with hard-cooked eggs, sliced. Sprinkle grated cheese over top. Serve with grapefruit, prune and cream cheese salad on lettuce with French dressing.

MRS. L. W. KESTER.

Noodles.

Noodles 1 medium Seasoning to taste.
package. Tomatoes 1 No. 2 can.
Onions (large) 2. Mushrooms 1 small
English walnuts can.
(chopped) 1 cup. Butter 2 tablespoons.

Boil noodles in salted water until tender (about 15 minutes). Fry onions in some of the butter and bacon drippings. Add tomatoes and noodles and let cook a few minutes. Add remaining butter, mushrooms and nuts. Let boil up once. Serve a salad of shredded cabbage and sliced apple, peanuts and raisins.

MISS PRISCILLA E. SAYRE.

Peanut Loaf.

Peanuts (ground) 1 Rice (cooked) 1 cup.
cup. Bread crumbs $\frac{1}{2}$ cup.
Carrot (raw, ground) Butter 1 tablespoon.
1 cup. Tomatoes (strained) 1
Tomatoes 1 cup. cup.
Flour 1 tablespoon. Pepper $\frac{1}{8}$ teaspoon.
Salt $\frac{1}{2}$ teaspoon.

Mix the peanuts, cooked rice, carrot, crumbs and tomatoes thoroughly. Pack in greased bread loaf pan and bake 45 minutes at 350 degrees. Serve with tomato sauce made with strained tomatoes, butter, flour, salt and pepper. Serve with a salad made of cabbage and pineapple and a few marshmallows, moistened with mayonnaise.

MARY I. WESTLAKE.

Stuffed Peppers.

Mushrooms (sliced) Green peppers
2 cups. (large) 6.
Peas (shelled) $2\frac{1}{2}$ Butter 2 tablespoons.
cups. Salt $\frac{1}{4}$ teaspoon.
Cream $\frac{1}{4}$ cup. Bread crumbs $\frac{1}{2}$ cup.

Cut a slice from the stem end of each green pepper and take out seeds and core. Saute mushrooms in butter 5 minutes. Cook peas in boiling water until almost tender, then drain. Combine with the mushrooms, salt and cream. Fill the peppers with this mixture. Sprinkle top with buttered crumbs. Place in baking dish in a little hot water. Cook 30 minutes at 400 degrees. Serve with a salad of diced celery, cabbage, green and red

pepper and carrots, topped with mayonnaise.

MRS. CHRIS MARTINS.

Potato Pancakes.

Potatoes (large) 8. Eggs 2.
Salt 1 teaspoon. White bread 2½
Dash of pepper. inches of loaf.
Onion 1.

Soak bread in water or milk. Grate potatoes and onion, add eggs, salt and pepper. Squeeze bread dry and break up fine and add to the batter. Fry in bacon fat. Serve baked apples. Serve with sauerkraut and bacon salad garnished with red and green peppers on lettuce.

MRS. WILLIAM GOLLMAN.

Sweet Potato and Nut Croquettes.

Sweet potatoes. Salt, pepper and butter.
Walnut meats. ter.
Egg. Cream.
Peas (buttered). Bread crumbs.

Boil and mash the sweet potatoes, seasoning well with salt, pepper and butter. Add an equal quantity of broken walnut meats and moisten with cream, if necessary. Form into cakes, dip in egg and bread crumbs and fry to golden brown. Arrange on a platter with buttered peas in the center. Serve a salad of pears, with nuts and candied ginger, mayonnaise mixed with whipped cream on lettuce.

MRS. HELEN M. MARSHALL.

Rice and Cheese Ring.

Rice (cooked) 2 American cheese cups. (grated) 1 cup.
Bread crumbs ½ to 1 cup. Milk 1½ cups.
Onion (chopped) ½. Green pepper ½.
Eggs 2.

Place half of rice in buttered ring mold. Heat milk, add cheese and stir until cheese is melted; add bread crumbs, green pepper, onion, salt, pepper and paprika. Mix well and add beaten eggs. Pour half the sauce over rice, add the remainder of rice and pour the rest of the sauce over. Bake in moderate oven 30 minutes. Turn on platter and place whole cooked cauliflower or chopped spinach in center. Garnish with grated cheese and parsley. Serve a salad of pineapple on watercress with French dressing made with pineapple juice.

MRS. L. E. VAN REETH.

Rice Omelet.

Rice (boiled) 1 cup. Bacon or left-over
Milk (hot) 1 cup. ham (ground fine).
Eggs 4.

Fry the bacon a little. Beat the egg yolks, add hot milk and beat again, then add the rice and lastly the whites of eggs, beaten stiff. Pour in a pan, put grated cheese over the top and bake in fairly hot oven. Serve with a fruit salad of grapes, pineapple, apples, celery and red cherries with homemade sour cream dressing.

MAY B. SMITH.

Spaghetti.

Spaghetti ½ box. Tomatoes (canned) 1
Green pepper 1. cup.
Mushrooms ½ cup. Olives (ripe) ½ cup.
Onion (large) 1.

Cook spaghetti in boiling salted water until tender, drain. Simmer the onion in its own juice until soft, add a tablespoon olive oil and let it start to boil, add the green pepper chopped fine, a cup of canned tomatoes, a teaspoon of salt and one of sugar, and 1 tablespoon oil. Let simmer 30 minutes. The last ten add the mushrooms and cut up ripe olives. Make a cream sauce of 1 tablespoon melted butter, 1 tablespoon flour, ½ cup cream, ½ cup milk. Put a layer of spaghetti in baking dish, then layer of grated cheese, then layer of sauce, then spaghetti, etc., and bake 30 minutes in slow oven. Serve with a mint gelatin salad with chopped celery, apples and pineapple on lettuce.

MRS. W. J. LYNCH.

Special Spaghetti.

Spaghetti 1 package. Mushrooms 1 can.
Tomatoes 1 can. Green pepper ½.
Garlic 1 clove. Butter ¼ pound.
Spanish onions (raw) Old English cheese ¼
2 or 3. pound.

Cook the spaghetti in boiling salted water until tender. Boil the onions, tomatoes, finely chopped green peppers and garlic clove in small amount of water. Add butter. Wash, drain and slice mushrooms. Just before serving fold in cheese. Serve a lettuce salad with French dressing and a touch of clove.

HARRIETTE T. TREADWELL.

Spoon Bread with Vegetables.

Corn 1 can. Butter 1 tablespoon. 3
Salad oil ¼ cup. Onion (chopped) 3
Salt 1 teaspoon. tablespoons.
Chili powder 2 tea- Yellow corn meal 2
poons. cups.
Milk 1 cup. Eggs 3.
Tomatoes 1 can.

Cook corn, tomato, oil, butter, salt and onion for 10 minutes. Stir milk

into corn meal, add beaten eggs and add to first mixture. Bake 45 minutes. Serve with tomato sauce. Serve with pineapple, orange, celery, apple salad with a touch of onion and French dressing.

MRS. B. E. WATSON.

Stuffed Tomatoes with Macaroni.

Macaroni 2 ounces. Tomatoes.
Cream 5 tablespoons. Bread crumbs.
Butter 1 tablespoon. Flour 1 tablespoon.
Salt $\frac{1}{2}$ teaspoon. Milk $\frac{1}{2}$ cup.
Egg yolks (hard cooked) 2. Dash of pepper.

Cook the macaroni in short lengths in boiling water for 20 minutes. Rub the egg yolks smooth, add the cream gradually. Melt the butter and rub in the flour, add the egg and milk and cook until thick and golden in double boiler, then add salt and pepper. Chop macaroni and add to sauce. Hollow out centers of large, firm tomatoes and fill with macaroni. Top with buttered bread crumbs and bake until tomatoes are done, 30 minutes in 350-degree oven. Serve with prune and apricot salad with cream cheese, chopped nuts and mayonnaise.

MILDRED JEAN ATWELL.

Vegetables.

Asparagus 1 bunch. Bread crumbs (soft) 1
Sweet milk 2 cups. cup.
Cheese (grated) $\frac{1}{4}$ cup. Buttered crumbs
cup. (dried) $\frac{1}{2}$ cup.
Butter 2 tablespoons. Pepper $\frac{1}{2}$ teaspoon.
Eggs (hard cooked) 4. Flour 2 tablespoons.
Salt 1 teaspoon.

Boil the asparagus until tender; drain and cut in inch pieces. Make a sauce of butter, flour, milk, seasoning and soft crumbs. Put a layer of asparagus in bottom of casserole, add sauce and chopped hard-cooked egg. Repeat until dish is filled. Sprinkle top with buttered crumbs and bake 20 minutes in moderate oven. Serve with shrimp and grapefruit salad with French dressing.

MRS. W. H. TIDWELL.

Vegetable Dinner.

Beets (buttered). White onions.
Potatoes. Carrots.
String beans.

Cook all the vegetables tender, mash potatoes and season with butter, salt and pepper, adding cream to moisten. Dress the onions with a white sauce and carrots, beans and

beets with melted butter, salt and pepper. Arrange carrots radiating from the center of plate with other vegetables grouped around. Drop a bit of butter in center of plate, sprinkle with paprika over onion and potatoes. Serve with salad of grapes, pineapple cubed, diced apples and oranges and chopped nuts.

MRS. A. NOVY.

Creamed Vegetable Soup.

Potato (large) 1. Butter 1 tablespoon.
Onions 2. Salt 1 tablespoon.
Tomato pulp $\frac{1}{2}$ cup. Pepper to taste.
Milk $\frac{1}{2}$ cups. Parsley (chopped) 1
Flour 1 tablespoon. tablespoon.
Carrots 2. Large pinch of soda.
Celery 1 stalk. Water (boiling) to
White turnips 2. cover.

Quarter the potato, slice thin, dice celery and slice other vegetables thin. Partially cook celery, carrot and onion, then add turnip and potato. When almost done add tomato, then soda and let boil up once. Rub flour to paste with milk, add flour, butter, milk, salt and pepper to soup and let simmer 15 minutes. Sprinkle with chopped parsley and serve. Serve a salad of diced pineapple with a dressing of mayonnaise, sour cream and pineapple juice on lettuce.

MISS BESSIE LOESGES.

CHICKEN.

Chicken Fricassee with Cauliflower.

Cauliflower 1 medium head. Celery 1 stalk.
Chicken (4 pound, cut up) 1. Flour 2 tablespoons.
Water 1 quart. Green pepper (sliced) $\frac{1}{2}$.
Onion (sliced) 1. Fat 2 tablespoons.
Pepper $\frac{1}{4}$ teaspoon. Parsley (minced) 1
Ginger $\frac{1}{4}$ teaspoon. tablespoon.
Salt to taste.

Put chicken in deep saucepan, add hot water and cook 15 minutes. Skin. Add onion, celery and green pepper and cook until meat is nearly tender. Remove the chicken and strain soup stock. Melt the fat, add the flour and cook till golden brown. Add soup stock gradually and stir till boiling. Cook 5 minutes. Add seasoning, parsley, cauliflower separated into flowerettes and chicken, and continue cooking for 20 minutes until cauliflower is tender. Serve with rice or mashed potatoes. Serve a salad of apples, pineapple and cranberry on lettuce with French dressing.

MRS. WILLIAM CARSTENS.

Chicken and Hominy.

Celery (cut fine) 1 cup.
 Flour $\frac{1}{2}$ cup.
 Milk 1 cup.
 Salt 1 tablespoon.
 Onion 1.

Hominy (cooked) 4 cups.
 Chicken (fricasseeing) 1.
 Parsley (chopped) 1 tablespoon.

Cut chicken in small pieces and wash in cold water. Put chicken in deep saucepan and cover with boiling water. Add salt, celery and onion and simmer until tender. Remove from liquid to a hot platter. Mix flour to a smooth paste with cold water and stir into the hot liquid. Boil for 3 minutes. Add milk and parsley. Arrange hot hominy around the chicken and serve with gravy. Serve a fruit salad of oranges, bananas, cherries and pears on lettuce garnished with chopped nuts.

MARIE NEWTON.

Chicken a la King.

Potatoes (large, white) 5.
 Butter 5 teaspoons.
 Cream (whipped).
 Cheese grated.

Chicken a la king 2 large cans (or home-made chicken a la king).

Bake the potatoes. Mix and heat the chicken a la king thoroughly. When the potatoes are tender slice off top and scoop out the potato without damaging the shell. Mash the potato pulp thus removed, add butter and fold in a bit of whipped cream. Fill shells with chicken a la king mixture, put mashed potatoes through ricer and decorate tops with it. Garnish with grated cheese and return to oven's broiler to melt cheese over tops. Serve at once. Serve tomato and lettuce salad with dressing.

MRS. HATTIE DE LANEY.

Macaroni and Chicken.

Chicken (stewing) 1.
 Celery 1 small stalk.
 Cheese (snappy) $\frac{1}{2}$ pound.
 Cream $\frac{1}{2}$ pint.
 Flour 3 tablespoons.

Mustard (dry) 1 tablespoon.
 Onions (medium) 2.
 Macaroni 1 package.
 Butter.
 Milk 1 cup.

Cut chicken for stewing. Wash, dry and place in good-sized kettle. Add onions and celery, using halves. Add enough water to almost cover, and cover pan closely. Stew until tender. Take from broth, cool and remove meat from the bones. Cut in medium pieces, mix the flour with water and chicken broth. Stir an egg in broth. Salt, pepper to taste and cook about 20 minutes. Add chopped meat.

Cook macaroni in boiling salted water until tender. Drain and blanch. Put in ring mold, dot with butter, salt, paprika and cover with thin slices of cheese. Make a paste of mustard and cream and add the remaining cream and milk and mix. Put mixture in grooves in macaroni. Cover with cheese and bake in moderate oven till brown (25 minutes). Fill macaroni ring with creamed chicken. Serve with sliced tomatoes and French dressing or cole slaw.

MRS. WALTER ALBERT PRESTON.

Chicken and Noodles.

Chicken (5 or 6 pound) 1.
 Celery.
 Rice $\frac{1}{4}$ pound.
 Flour 1 tablespoon.
 Bread crumbs.

Carrots (diced) 2.
 Parsley (chopped fine).
 Salt.
 Egg 1.

Cut up the chicken and cover with $3\frac{1}{2}$ to 4 quarts of water, boil for about an hour and then add carrots, celery and a little parsley. Forty-five minutes before serving add the rice, which has been set aside in cold water to soak until then. Add salt to taste. Moisten the flour with grease skimmed from the soup, an egg and enough bread crumbs to make a soft mixture, drop from spoon into soup and let boil 5 minutes with cover on. Serve a peach salad with figs, dates and almonds in the center on lettuce with whipped cream dressing.

MRS. A. KRUEGER.

Chicken and Rice.

Chicken (3-pound) 1.
 Peas (canned) 1 cup.
 Olives (ripe) $\frac{1}{2}$ cup.
 Pimento (sliced fine) $\frac{3}{4}$ small can.
 Salt $1\frac{1}{2}$ teaspoons.
 Pepper $\frac{1}{4}$ teaspoon.

Eggs (hard cooked) 2.
 Rice 1 cup.
 Raisins $\frac{1}{2}$ cup.
 Tomatoes (canned) $\frac{1}{2}$ cup.
 Onion (chopped fine) $\frac{1}{2}$.

Chicken should be cut into twice as many pieces as for frying. Brown it in frying pan, add half the salt and place in a kettle to boil, barely covered with water. Boil the rice, adding salt with 2 cups of water. Cook 20 minutes. Fry onion in same pan chicken was browned in. When chicken is tender and water boiled to about $\frac{1}{2}$ cup, add rice, peas, half the pimento, raisins, olives (these should be measured after the seeds have been removed and the meat chopped), toma-

toes, the rest of the salt and pepper. Mix and place on a platter, garnish with remaining pimento and sliced hard-cooked eggs. Serve a cole slaw salad.

MRS. MARY B. STAGG.

Chicken and Rice.

Chicken (medium sized) 1. Milk (top) $\frac{1}{2}$ cup.
Butter 2 tablespoons. Rice 1 pound.
Salt and pepper to taste. Flour 2 tablespoons.
Carrot, celery and onion.

Boil chicken with small amount vegetables until tender. Fry butter and flour, blending carefully. Add 2 or 3 cups strained soup, $\frac{1}{2}$ cup top milk and simmer slowly 10 minutes. Boil rice in boiling water. When done strain and pour boiling water over. Put on a platter, chicken in the center, rice as a border and gravy over all. Garnish with chopped parsley. Serve a salad of lettuce, beets, celery, cooked string beans, peas, spinach, carrots, tomato and cucumber with dressing.

MRS. CHARLES ZAANDER.

Chicken and Vegetables.

Chicken (minced) 1 cup. Mushrooms 1 cup.
Bermuda onion Celery (finely shredded) 1 cup.
Soy sauce 2 tablespoons. Chicken stock 2 cups.
Butter 2 tablespoons.

Boil noodles in salted water until tender; then drain and blanch with cold water. When quite dry fry in hot pan with butter until light brown. Heat celery and onions in chicken stock, chopped mushrooms and minced chicken. Place chicken and mushrooms in center of platter, surround with fried noodles and sprinkle with soy sauce. Serve a salad of lettuce and pineapple with cream cheese rolled in nut meats with pineapple juice or whipped cream dressing.

MRS. ROSE ROWE.

Chicken and Vegetables.

Chicken (4½-pound) 1. Peas (cooked) 1 cup.
Butter, pepper and salt. Onions (small) 3.
Water (boiling) 1½ cups. Celery 1 stalk.
Green pepper 1. Carrots 1 cup.
Potato balls 1½ cups.
Fat 2 tablespoons.
Flour 2 tablespoons.

Dress and clean young fowl and cut in pieces for serving. Cook in butter until brown, put in casserole with seasoning. Pour over boiling water, add carrots cut in thin strips, chopped

green pepper, onions and celery cut. Cover and bake until chicken is tender. Melt fat, add flour, stir until brown, add liquid in casserole, stirring gently until well mixed. Add potato balls and cook until they are soft. When ready to serve add peas and reheat. For salad serve celery with pepper dressing on lettuce.

MRS. C. S. SIMPSON.

Chicken and Vegetables.

Chicken (small, young) 1. Sauerkraut (fresh) 1 quart.
Bacon 4 slices. Salt 1 saltspoon.
Pepper ½ saltspoon. Flour.
Flour (browned) 2 tablespoons. Caramel 1 tablespoon.
Lemon juice 1 table-spoon. Potatoes (hot, mashed).

Dress, draw and singe the chicken. Rub well with flour and water paste, wipe dry inside, dust with salt and pepper. Rinse and drain the sauerkraut. Fill the chicken with hot mashed potatoes, well seasoned. Lay the chicken in the roaster, place 2 slices of bacon over it and 2 under, then cover it completely with sauerkraut, add salt and pepper. Pour over a cup of cold water, cover tightly and roast 3 hours in moderate fire. Do not allow to cook dry, add boiling water as required to keep bottom of roaster moist. Remove chicken and sauerkraut and add browned flour, caramel and 1 cup of soup stock, boil up and add lemon juice, salt and pepper to taste. Strain and serve. Serve a tomato gelatin salad with bay leaf, cloves, cinnamon and nutmeg seasoning. Serve on lettuce with stuffed olives and mayonnaise.

MRS. J. BRICHTA.

Wild Rice Ring.

Wild rice 1 cup. Water (boiling) 1 quart.
Peas. Butter 3 table-spoons.
Salt and pepper. Milk or cream 1½ cups.
Butter 2 tablespoons. Flour 3 tablespoons.
Chicken (cooked, diced), 3 cups.
Salt 2 teaspoons.

Pick over and wash rice well. Place in double boiler with boiling water and steam 45 minutes or until tender and dry. Melt butter, add salt and mix with rice. Butter a ring mold well, turn in rice, place in moderate oven 20 minutes over pan half filled with boiling water. When ready to

serve loosen edges and turn carefully on a platter. Alternate the outer edge with pears that have been simmered in cinnamon candy sirup and water cress. Blend the butter and flour, add the milk gradually and stir. When heated add the diced chicken and heat all thoroughly, season with salt and pepper. Place creamed chicken in the center of the ring. Serve hearts of lettuce with sections of grapefruit marinated in French dressing for salad.

MARY ANN HERMAN.

FISH.

Clam Chowder.

Clams (chopped) 3 cans.
Potatoes (diced) 1 cup.
Corn 1½ cups.
Tomatoes 2½ cups.
Onions ½ cup.
Bacon (diced) ½ pound.
Eggs (hard cooked) 3.
Salt ½ teaspoon.
Pepper ¼ teaspoon.

Fry minced onions with diced bacon. Put this in deep pot, adding 2 quarts of water, tomatoes, corn and potatoes and cooking until tender (about an hour over a slow fire). Add seasoning, then sliced eggs and chopped clams 5 minutes before serving. Serve a salad of oranges, bananas and grapefruit on lettuce with French dressing.

GERTRUDE M. PHILLIPS.

Clam Chowder.

Beef shank bone (large) 1.
Clams (whole) 1 large can.
Parsley 1 bouquet.
Carrots 5 cups.
Celery 5 cups.
Onions 2 cups.
Potatoes 5 cups.
Bacon (lean) 10 slices.
Tomato soup 1 can.
Tomato catsup 6 tablespoons.

Grind carrots, celery and onion in food chopper. Put in a large pan with shank bone and parsley, cover well with cold water and simmer slowly until meat is tender; remove the meat from the pot, leaving the bone. Add diced potatoes, tomato soup and catsup, carrots, celery and onions and cook until tender. Dice bacon and fry in skillet, turning constantly until golden brown, strain off fat and add bacon to soup. Now add clams cut in 2 or 3 pieces. Season to taste with salt and pepper and let simmer an hour or two longer. Serve a salad of shredded lettuce, thinly sliced young onions and red radishes, mayonnaise or French dressing.

MACY COX.

Clam Stew.

Butter 1 tablespoon.
Bacon 6 slices.
Water (boiling) 1½ pints.
Salt and pepper.
Pork shoulder ½ pound.
Onion (minced) 1 tablespoon.
Potatoes (diced) 1 quart.
Clams (minced) 6-ounce can.

Fry minced onion in butter to light brown. Add ground bacon, fry, add ground pork and fry all to rich brown, stirring constantly. When meat is browned pour over boiling water and cook slowly 45 minutes. If necessary add more water as it cooks. After ¾ hour add potatoes and cook until soft. Just before ready to serve add the clams with liquor and let boil up. Serve with crumbed crackers over each service. Serve with cabbage salad with cooked dressing on lettuce.

MRS. E. S. HARPER.

Crabmeat.

Green pepper (small) 1.
Onion 1 (medium size).
Mushrooms (fresh) ½ pound.
Flour 1 tablespoon.
Rice 1½ cups.
Butter 3 tablespoons.
Tomatoes 1 can.
Crabmeat (choice pink) ½-pound can.

Wash and boil rice in salted boiling water for 20 minutes. Put in strainer and pour boiling water over it to make kernels stand out. Clean pepper of seeds, cut in thin shavers, chop onion very fine, place in small covered frying pan with 1 tablespoon butter. Cook over slow fire for 10 minutes. Put in large stewing kettle and pour over it the tomatoes. Season with pepper, salt, cloves and 2 teaspoons sugar. Cook gently 30 minutes, then add flour mixed to paste with tomato juice. Add butter and cook till slightly thickened, then add cut and sauteed mushrooms. Allow to stand for an hour; 20 minutes before serving add cleaned and shredded crabmeat and heat slowly. Have rice cooked and serve in mold with crabmeat and tomato. Serve with finely shredded cabbage slaw dressed with French dressing.

MRS. ROLLAND M. HASTINGS.

Crabmeat.

Flour 3 tablespoons.
Milk ¾ cup.
Salt ¾ teaspoon.
Butter 3 tablespoons.
Cream ¾ cup.
Crabmeat ½ pound.

Melt butter, blend in flour, then gradually add milk, cream and seasoning. Add ½ pound crabmeat shredded, 1 small can of pimento cut

in thin strips, 1 small can mushrooms sliced thin. Serve in potato patties. Serve pineapple and lettuce salad with French dressing with pineapple juice. MRS. HARRY LEVY.

Crabmeat Macaroni Loaf.

Macaroni (cooked, cut fine) $1\frac{1}{2}$ cups. Bread crumbs $\frac{3}{4}$ cup.
Milk and cream 1 cup. Cheese (grated) $1\frac{1}{4}$ cups.
Butter (melted) and drippings $\frac{1}{2}$ cup. Parsley (chopped) 3 tablespoons.
Salt to taste. Pimento (sliced) 4 tablespoons.
Onion (small, chopped) 1. Eggs (beaten separately) 3.

Mix the above ingredients, fold in the egg whites and place in greased oblong bread pan, stand pan in hot water and bake in oven 1 hour at 325 degrees.

Mushrooms (sliced) 1 pound. Milk 1 cup.
Crabmeat 1 large can. Salt and pepper.

Flour the mushrooms and fry in butter, add the milk, crabmeat, salt and pepper. Heat through but do not cook. Serve over loaf. Serve tomato aspic salad with mayonnaise.

MABEL TEWKSBURY.

Codfish Surprise.

Dried boned codfish $\frac{1}{2}$ pound. Milk 1 pint.
Flour $\frac{1}{4}$ cup. Butter 2 tablespoons.
Eggs 2. Potatoes (medium) 10.

Wash the fish well to remove salt. Soak it in cold water for 2 hours. Cut in small pieces and simmer in small amount of water for 15 minutes. Make a white sauce of the milk, flour and butter. Beat the egg yolks slightly and add to white sauce and cook 1 minute. Add drained cooked codfish. Boil the potatoes and mash. Pile them on a large platter. Place creamed codfish in center of potatoes. Whip whites and put on top. Brown slightly. Serve a tomato jelly salad on lettuce with dressing.

BESSIE HEADINGTON.

Escalloped Fish.

Fish (flaked) 1 can. White sauce (thin) 1 cup.
Spaghetti (cooked) 1 cup. Onion (small) 1.
Carrots (chopped, buttered) 1 cup. Salt 1 teaspoon.
Green pepper (small) 1. Cheese (grated) $\frac{1}{4}$ cup.
Pepper to taste.

Chop the onion and pepper and parboil 5 minutes in 1 cup water. Drain and mix thoroughly with other ingredients. Put in buttered baking dish, pour over the cream sauce and sprinkle with cheese. Bake 30 min-

utes in moderate oven, 350 degrees. Serve with lettuce salad.

WILLIAM HENSLER.

Baked Halibut.

Halibut $1\frac{3}{4}$ pounds. Onion (chopped) $1\frac{1}{2}$ tablespoons.
Butter $1\frac{1}{2}$ tablespoons. Parsley (chopped) 1 tablespoon.
Green pepper $\frac{1}{2}$. Salt 1 teaspoon.
Carrots 2. Milk 2 cups.
Flour 2 tablespoons.

Saute chopped onion in butter, being careful not to brown. Add flour, salt and milk. Cook until sauce comes to a boil, stirring constantly. Add carrots cut in long thin pieces, then pepper cut fine and chopped parsley. Put halibut in buttered casserole and cover with sauce, bake in hot oven, 425 degrees, covered, for 30 minutes. Serve with baked potatoes. Serve a salad of slices of tomato and lettuce in sandwich form, topped with dressing, grated cheese or chopped nuts.

MISS LYNETTE HOBBS.

Escalloped Oysters.

Oysters 1 quart. Cream (rich) $\frac{1}{2}$ cup.
Butter (melted) $\frac{1}{2}$ cup. Cracker crumbs 3 cups.
White pepper $\frac{1}{4}$ tea- Spoon. Salt $1\frac{1}{2}$ teaspoons.
Dash of cayenne.

Wash and drain oysters. Pour butter over crackers and toss with a fork until evenly buttered, add salt and pepper. Cover bottom of baking dish with thin layer of crumbs, put in half the oysters, cover with half remaining crumbs, add rest of oysters and cover with rest of crumbs. Make deep holes in scallop, pour in cream. Bake in quick oven $\frac{1}{2}$ hour, until crumbs are brown and liquid boiling. Serve with cabbage, string bean, celery, pimento and mango salad marinated in French dressing on head lettuce.

ELIZABETH ELPHICK.

Oyster, Lobster, Shrimp.

Oysters (large) 1 pint. Lobster $\frac{1}{2}$ pint.
Shrimp $\frac{1}{2}$ pint. Soda crackers 1 box.

Grind crackers fine and season with salt and pepper. Dip each oyster in the crumbs and place a layer in baking dish. Dot generously with butter, then a layer of shrimp crumbed and dotted with butter, then a layer of lobster treated the same way. Cover all with rest of oysters and juice. Bake in moderate oven

40 minutes, until light brown. Serve with a salad of sliced tomatoes on lettuce leaves. Season tomatoes with lemon juice or vinegar, pepper and salt.

E. S. SEAL.

Salmon Mold.

Salmon 1 can. Bread crumbs $\frac{1}{2}$ cup.
Butter 2 teaspoons. Eggs 2.
Worcestershire sauce 1 teaspoon. Salt and pepper to taste.

Drain the salmon and remove all bones and skin. Mince it with a fork, add eggs well beaten, bread crumbs and seasoning. Put in well-oiled mold and steam one hour. Serve with a vegetable salad of sliced tomato, cucumber, radishes and celery.

MRS. HARRIET PRINGLE.

Salmon and Rice Loaf.

Rice 1 cup. Onion juice $\frac{1}{2}$ tea-
Red salmon 1 can. spoon.
Bread crumbs $\frac{1}{2}$ cup. Egg 1.
Pepper $\frac{1}{4}$ teaspoon. Celery salt $\frac{1}{8}$ tea-
Salt $\frac{1}{4}$ teaspoon. spoon.

Cook rice in 5 cups boiling water for 20 minutes, drain. Line greased baking dish with rice, leaving nest in center. Pick over salmon, mash, add egg, bread crumbs and seasonings. Pack this mixture into rice nest, covering with rice. Cover dish and set it in pan of water. Bake in moderate oven, 325 degrees, for 40 minutes. Turn out and cover with tomato sauce. Serve a salad of lettuce with French dressing.

MRS. W. D. BROWN.

Salmon Supper.

Salmon (in one piece) $1\frac{1}{2}$ pounds. Carrots (medium sized) 5.
Milk 1 cup. Potatoes (medium sized) 5.
Parsley (chopped) 2 tablespoons in $\frac{1}{4}$ cup water 1 cup.
cup melted butter. Salt $\frac{1}{4}$ teaspoon.

Put salmon in center of baking dish, pare potatoes and put them around the salmon. Pour the water and milk over all and sprinkle with salt. Bake in 475-degree oven for 1 hour. Wash carrots. Boil whole 45 minutes until tender, drain water and remove skins and stems. Cut in slivers lengthwise and reheat with 2 tablespoons butter and $\frac{1}{4}$ teaspoon salt in double boiler. Place salmon in center of platter, surround by potatoes and alternate heaps of carrots and pour over butter and parsley sauce. Serve a salad of cucumber,

celery and onion on lettuce with French dressing.

MRS. H. C. CHAMPLIN.

Shrimp in Cheese Sauce.

Shrimp 2 small cans. Butter 2 tablespoons.
Cheese (grated) $\frac{1}{2}$ cup. Flour 3 tablespoons.
Green peppers 2. Salt and pepper.
Milk $1\frac{1}{2}$ cups. Plain rolls.

Cut green peppers in small pieces and cook in boiling salted water until tender. Make a white sauce of butter, flour, milk and seasonings and when thick add cheese. Clean the shrimp and cut in halves. Add shrimp and peppers to cheese sauce and serve on rolls which have been split and toasted. Serve with an orange salad on lettuce with mayonnaise and a touch of almond meats.

MRS. CHARLES N. STEVENS.

Spanish Shrimps.

Butter and drippings 2 tablespoons. Onion (finely cut) 3 tablespoons.
Green pepper (chopped) 4 tablespoons. Shrimps (boiled and shelled) 2 cups.
Rice (boiled) $1\frac{1}{2}$ cups. Tomato (canned) or tomato soup $1\frac{1}{2}$ cups.
Mushrooms 1 cup. Salt $\frac{1}{2}$ teaspoon.
Pepper $\frac{1}{4}$ teaspoon.

Melt butter, add onion and green pepper. Fry over moderate fire 3 minutes, stirring to keep from sticking. Add shrimps and cook 3 minutes. Add rice, tomato and mushrooms, salt and pepper. Cook, stirring for 2 to 3 minutes, cover, let simmer 10 minutes. Serve a gelatin salad with pineapple, olives and cucumber on lettuce with mayonnaise.

ELIZABETH HOGG.

Tuna Fish.

Rice (cooked) 2 cups. Cream sauce (thick, seasoned) $2\frac{1}{2}$ cups.
Tuna 1 small can.
Peas 1 can.

Place the rice, peas and fish in a well-buttered baking dish. Pour the cream sauce over all and mix slightly. Cover top with grated cheese and bake in a moderate oven 10 minutes. Serve a salad of raw cabbage, carrots, grated pineapple on lettuce with dressing.

MRS. DONALD MAC ARTHUR.

Tuna and Noodles.

Noodles (broad) 1 package. Green pepper (small) 1.
Chicken-tuna 1 medium can. Peas (fresh) 1 quart.
Pimento 1. Salt and pepper to taste.

Boil noodles, blanch in cold water.

Chop pimento, green pepper and tuna fish. Make a thin cream sauce, 1 tablespoon flour, 1 pint sweet milk, 1 tablespoon butter. Blend the above ingredients in the sauce, butter casserole, place in, cover top with buttered bread crumbs and bake slowly 45 minutes. Serve with peas. Serve a salad of pineapple, cucumber, green pepper, pimento in gelatin on lettuce with mayonnaise.

MRS. GEORGE B. HEMPHILL.

Whitefish Chowder.

Whitefish (firm) 1½ pounds.
Tatoes 2 cups.
Onions (medium) 3.
Potatoes.
Milk 1 quart.
Butter 3 tablespoons.
Cayenne.
Parsley.
Clove 1.
Bay leaf 1.
Celery 1 stalk.

Add sliced onion to water, tomatoes, celery, bay leaf, clove, dash of cayenne, 1 teaspoon salt. Put fish in cold water and let come slowly to boil. Simmer until it is tender, about 20 minutes. Let cool, then remove fish, strain water, add 2 cups diced potatoes, 1½ cups tomatoes, 2 onions sliced and boil until vegetables are tender. Remove the bones from the fish and cut in pieces about an inch square. Scald the milk, add fish and butter and let come to a boil and serve with crackers. Mince parsley and sprinkle 2 teaspoons in chowder at last moment, then salt and pepper if necessary. Serve apple and celery salad with mayonnaise on lettuce.

MRS. JOHN S. BROWN.

Planked Whitefish.

Whitefish 2 or 3 pounds.
Salt and pepper.
Potatoes (mashed).
Peas (heated), asparagus tips, carrots (buttered).
Butter (melted).

Clean and split the fish as for broiling and place it on a well-oiled fish plank, brush the fish over with melted butter, dust it with salt and pepper and broil for about 15 minutes. Pile potatoes around and return to broiler to brown. Garnish with peas, asparagus, beets and carrots, parsley and lemon. Serve a salad of pears with cream cheese, cranberry jelly in center and mayonnaise on lettuce.

F. A. BEJECK.

HAM.

Ham and Beans.

Ham (cold, boiled) 5 medium thick slices.
Baked beans 1 can.
Mustard.
Sweet potatoes 5.
Spread the ham with prepared

mustard and cover with baked beans. Roll up and fasten with toothpicks. Place in baking dish. Pour over ½ cup liquor in which ham was boiled. Sprinkle with crumbs and bake ½ hour. Place boiled quartered sweet potatoes around edge of baking dish. Serve a gelatin salad with sweet cider on lettuce with cream mayonnaise.

SARAH E. GREENE.

Ham Boiled with Vegetables.

Ham (center slice, 2 inches thick).
Brown sugar 1 tablespoon.
Cloves 6 or 8.
Sweet potatoes (small, peeled) 5.
Milk 1 quart.
Mustard 1 teaspoon.
Onions (medium sized) 4.
Irish potatoes (small, peeled) 5.
White turnips (tiny, peeled) 10.

Rub the ham with mustard and brown sugar. Slice the onions ¼ inch thick and put over ham. Stick cloves in. Put in covered roaster and surround with potatoes and turnips. Pour the milk over this and bake in medium oven 2 hours. Let it brown. Serve with shredded pineapple salad.

MRS. H. NORMAN WEISER.

Ham and Broccoli.

Ham butt or blade 2 pounds.
Broccoli.
Quick oatmeal ¼ cup.
Potatoes.

If salty, soak ham overnight. Drain and add fresh water and boil gently until almost tender, allowing 30 minutes to cook the broccoli. Thicken with oatmeal and boil until it is dissolved. When boiling broccoli cook with stalk upward. Add the potatoes cut in half, allowing 20 to 25 minutes. Serve Waldorf salad on lettuce.

MRS. HERTHA JOAN CALKINS.

Ham and Cabbage en Casserole.

Smoked ham 1 slice 1½ inches thick.
Cabbage leaves.
Milk 1 quart.
Pepper.

Place ham in casserole and cover well with milk. Bake in 375-degree oven for 1 hour. Lift ham and fill pan with cabbage leaves. Place ham on top of cabbage and sprinkle a little pepper over both. Return to oven for ½ hour. Serve whole baked apples with fresh lemon juice for sirup.

MRS. ROBERT A. WARFEL.

Ham and Celery.

Cracker crumbs 3 cups.
Ham (cooked, ground) 2 cups.
Celery (diced) 2 cups.
Mushrooms (sliced) 1 cup.
White sauce (medium) 1½ cups.
Butter a baking dish. Use half the

ingredients given. Place in cracker crumbs, then celery, mushrooms and white sauce in layers. Repeat layers. Rolled and buttered crumbs should top the dish. Bake in 325-degree oven 30 minutes. Serve a pineapple and cheese ball salad on lettuce with mayonnaise.

MRS. K. W. BUELL.

Fresh Combination.

Tomato (red, large) 1. Lettuce 1 large head.
Celery 1 stalk.
Mayonnaise 4 table-
spoons. White vinegar 1½
tablespoons.
Green pepper (seam
and seeds taken
out) 1. Ham (boiled, cut in
squares) ½ pound.

Wash and cut all vegetables in squares. Salt and pepper to suit taste, mix mayonnaise and vinegar together and mix with the above. Serve on square cut potatoes fried in deep fat.

MRS. O. B. WILLMUS.

Corn Pudding.

Onion (large, minced) 1. Paprika ½ teaspoon.
Eggs (beaten well) 4.
Butter (heated) 4
tablespoons.
Green pepper (chopped) 1. Corn 1 can.
Ham (boiled, ground) ½ pound. Salt 1 teaspoon.
Sweet milk 1 pint.
Cornstarch 1 table-
spoon. Milk 1 tablespoon.

Cook the onion in butter. Add the pepper, stirring constantly until yellowed and softened, then add corn, ham, salt, paprika, milk, cornstarch dissolved in milk, and eggs. Mix all together thoroughly and turn into buttered baking dish. Cover with bread crumbs and dot with butter. Set in a pan of water and bake until brown and firm in the center. Serve with pineapple and cheese salad on lettuce.

MRS. ANNA M. L. MORCOMB.

Ham Hash.

Ham (left over, minced) 2 cups. Potatoes (medium sized, boiled) 6.
Onion (minced) 1. Green pepper (chopped) 1 table-
spoon. Spoon.
Pepper ½ teaspoon. Salt ¼ teaspoon.
Drippings 3 table-
spoons. Eggs 5.

Mix ham with potatoes and seasoning. Saute in drippings until thoroughly heated and slightly browned. Poach eggs, dip eggs from water and serve on individual rounds of hash. Serve with cabbage and pineapple salad on lettuce with dressing.

MRS. WILLIAM H. ANKER.

Kentucky Stew.

Ham 1 medium Celery (cut up) 1½
slice. cups.
Macaroni ½ pack. Green pepper 1.
age. Cheese (grated) ½
cup.
Tomatoes 1 can.

Remove seed from green pepper, let stand in boiling water a few minutes, then cut into small pieces. Break macaroni into saucepan, put on just enough boiling water to cover, ½ teaspoon salt; boil slowly for 10 minutes. Cut ham into several small pieces, fry quickly for 5 minutes (not hard), add to macaroni, also the celery, tomatoes and green pepper and let simmer an hour. Just before serving mix in the cheese. Serve with baking powder biscuits and pineapple salad.

MRS. JOHANNA JOHNSON.

Ham a la King.

Ham (end) 25 Seasoning.
cents' worth. Eggs (hard cooked) 3.
Green pepper (large) 1. Milk 2 cups.
Butter 4 tablespoons. Flour 4 tablespoons.

Saute minced green pepper in butter; when tender add flour, when cooked add milk gradually. Wipe fat off ham and remove gristle. Cut up fine and add to cream sauce. When ready to serve add eggs cut up and mix all together. Serve on toast.

MRS. O. C. HANSON.

Ham and Noodles.

Smoked ham 1 pound. Salt, pepper, paprika.
Onions (large) 3. Spaghetti ½ pound.
Tomato soup 1 can. Green peppers 2.
Cheese (grated) 1 cup.

Put ham through food chopper. Boil spaghetti 15 minutes in boiling salted water, remove, drain and blanch. Brown ham in frying pan, add onions sliced and minced peppers and tomato soup. Cook over slow flame 15 minutes, add spaghetti and cook 5 minutes. Remove to baking dish, cover with grated cheese and place in oven 350 degrees for 10 minutes. Serve with cabbage salad.

MRS. F. B. SPOOR.

Ham and Noodles.

Noodles 1 package. Seasoning.
White sauce (thick) 1½ cups. Ham (cooked, ground) 1 cup.

Boil and drain noodles. Add ham to white sauce, then add noodles.

Butter a loaf pan and pour in this mixture. Place in pan of water and bake an hour in moderate oven. While this is baking open a can of tomato soup and a small can of peas. Heat in separate pans and when ready to serve invert the loaf on a large platter and pour over it the soup and drained peas. Serve a salad of carrots and pineapple in orange gelatin in ring molds.

MRS. J. M. DANIELSON.

Escalloped Ham and Potatoes.

Ham (smoked) 1 Milk to cover.
large slice ½ inch Potato slices 1 inch
thick. thick.

Place the ham in the bottom of a casserole. Cover the ham with potato slices. Pour milk over the ham and potatoes to cover the top of potato slices. Place in oven for about an hour or until the potatoes are golden brown and done. If they become dry, add more milk. Serve apple, date, grape and celery salad on lettuce with nuts and dressing.

WINIFRED D. TEACH.

Escalloped Ham and Potatoes.

Potatoes (large) 8. Seasoning to taste.
Ham (boiled, cold) 6 Onions (large) 3.
slices. White soda crackers 6.
Butter 2 tablespoons. Milk (2 cups).

Pare potatoes and slice thin. Slice onions rather thin. Place layer of sliced potatoes in bottom of casserole, then layer of onions, then layer of ham and repeat in rotation until vessel is full. Have the top layer potatoes. Pour milk over all, roll crackers to crumbs and sprinkle over. Bake in moderate oven 1 hour. Serve with a lettuce and tomato salad.

MRS. J. L. MILLER.

Ham and Potatoes.

Potatoes (sliced) 4 Ham 1 slice.
cups. White sauce 1½ cups.

Flour the slice of ham, brown on both sides. Place in a baking dish, cover with white sauce and bake 1 hour, turning once. Parboil 4 cups potatoes, season, place in dish. Put ham on top and bake 25 minutes. Serve a vegetable salad of peas, cucumbers, green peppers, parsley, green beans, asparagus, celery and onion on lettuce with mayonnaise.

EDNA GRAY.

Ham, Potato and Vegetable.

Ham.	Potatoes (medium sized) 6.
Egg whites 2.	Milk.
Bacon.	Spinach.
Cabbage.	
Salt.	

Scrub potatoes well and rinse under running water, then bake about 45 minutes or until tender. Then take a small slice off top and mash well 1 teaspoon butter and ½ cup milk to every 2 cups of potato. Also ½ cup of cooked spinach well chopped and 1 cup boiled ham cut in small pieces. Mix thoroughly, add ¼ teaspoon salt, then beat the whites of eggs stiff and fold in carefully. Refill potato skins, rounding over top and put strip of bacon crosswise over. Put in moderate oven 30 minutes. Before serving put a tablespoon of shredded cabbage on each side of potato. Have cabbage seasoned to taste. Serve salad of pineapple, cheese, carrots and lettuce.

MRS. MINNIE MINOGUE.

Ham, Potato and Vegetable.

Ham (raw) ½ pound.	Carrots ½ pound.
Potatoes 2 pounds.	Pinch of salt and pep-
Milk 2 cups.	per.
Butter 1 tablespoon.	Bread crumbs ½ cup.

Peel and slice potatoes, cut meat in cubes, cut carrots in slices, then grease a two-quart baking dish. Put in layer of potatoes, pinch of pepper and salt, then layer of carrots, then meat, etc., until dish is filled. Top with bread crumbs and few dots of butter. Pour milk in to cover potatoes halfway. Cover dish and bake 1 hour. Serve orange, apple, lemon, banana, blackberry, pineapple and pear salad with fruit juice dressing.

MRS. A. LEUSCHNER.

Sauerkraut and Ham.

Ham (boiled) ½ pound.	Sour cream 1 pint.
Lard 4 ounces.	Sauerkraut 2 pounds.

Put inch-thick layer of sauerkraut in buttered baking dish. Cover with pieces of lard, peeled apples quartered and sprinkle of hashed ham. Then repeat with last layer sauerkraut. Add water to cover and pour a pint of sour cream over all. Bake slowly 2½ hours in moderate oven. Serve potato salad with tomatoes or cucumbers.

MRS. ELLEN FARRHYSIUS.

Spaghetti Italiane.

Spaghetti 1 pound. Button mushrooms $\frac{1}{2}$ pound.
 Ham 2 large slices. Parsesan cheese
 Butter 1 tablespoon. (grated) 3 table-
 Garlic 1 clove. spoons.
 Tomato paste 2 small cans.

Drop spaghetti into boiling water, salt and add garlic clove. Fry ham, remove to hot platter and place where it will keep hot. Add butter to ham fat and fry mushrooms in this, then add tomato paste and stir smooth. When spaghetti is tender, drain well and add to mixture in frying pan. Stir until sauce is well mixed with spaghetti. Heat on a large platter, sprinkle cheese over it and place one side of ham at each end of platter. Serve with combination vegetable salad, radishes, string beans, onions, cucumbers, tomatoes and lettuce with a sour dressing.

KATHRYN PALMITER.

Stuffed Ham Roll.

Ham 1 large slice. Cloves 18.
 Bread crumbs 3 cups. Green pepper (minced) 1 tablespoon.
 Ham fat $\frac{1}{4}$ cup. Vinegar $\frac{1}{4}$ cup.
 Onion (minced) 1 tablespoon. Flour 2 tablespoons.
 Celery (minced) 1 tablespoon. Brown sugar 1 cup.
 Salt.

Saute the onion and 6 cloves in ham fat until light brown. Remove the cloves, add bread crumbs and fry for a minute. Add celery, green pepper, season and spread mixture on ham. A little water may be necessary. Roll the ham and tie together. Place in baking pan, sprinkle with brown sugar, stick with 12 cloves and bake in hot oven 40 minutes. When half the time has elapsed lower heat. Baste occasionally with fat and melted sugar. Make a sauce by adding flour mixed with mild vinegar to the liquid in the pan, with more water, salt and sugar if needed. Serve a salad of cabbage, beets, carrots, celery, peas, red and green pepper, tomatoes on lettuce with French dressing.

SARAH WEISS.

Ham, Sweet Potatoes and Pineapple.

Ham 2 slices an inch thick. Water (hot) $\frac{1}{2}$ cup.
 Sliced pineapple 1 can. Sweet potatoes (medium) 5.
 Brown sugar $\frac{1}{4}$ cup.

Trim ham on edges, cut out bone. Drain pineapple. Pare, wash and cut in halves lengthwise the potatoes.

Place ham in self-basting roaster, cover with pineapple and place potato on top. Stew with bits of fat trimmed from ham, sprinkle with sugar, add water to pineapple juice and pour over whole. Cover and bake $1\frac{1}{2}$ hours in moderate oven, 350 degrees. Serve a salad of endive, onion, bacon and vinegar dressing. MRS. M. MUNGEN.

Ham and Vegetable.

Ham (small) 1. Cloves.
 Brown sugar. Cracker crumbs.
 Cinnamon candy. Sugar.
 Apples.

Soak the ham overnight and then boil it for 3 hours. Remove skin and stick cloves in it. Cover with a little brown sugar and cracker crumbs and bake till brown. Make a sirup of sugar and cinnamon candy. Drop in whole apples and cook until done. Serve with potato salad.

MISS H. SCHACT.

Ham with Vegetables.

Ham roast 4 pounds. Salt, pepper.
 Carrots 4 or 5. Rutabagas 2.
 Onions (stuffed) 4 Potatoes 4 or 5.
 or 5.

Have butcher remove bones from meat, season with salt and pepper and place in waterless cooker with carrots, rutabagas, onions and potatoes. Stuff onions as follows: Par-boil onions for about 15 minutes, remove centers. Make a filling of 1 cup bread crumbs, $\frac{1}{2}$ teaspoon sage, $\frac{1}{2}$ cup chopped suet, $\frac{1}{2}$ onion chopped fine, 1 egg, salt and pepper. Fry well in butter, then place filling in onion and place on roast. Serve cranberry, celery and apple gelatin salad.

MRS. C. D. TIDRICK.

Ham Butt and Vegetables.

Ham butt (bone- Cabbage (solid) 1
 less) 1. head.
 Potatoes (good Pepper to taste.
 sized) 6.

If preferred, soak ham (from 3 to 4 pounds) overnight in cold water, Scrape, place in a kettle of cold water, bring gradually to a boil and cook slowly, allowing 20 minutes to the pound after it starts to boil. Remove outside leaves from cabbage, wash in cold water and cut head in 6 or 8 pieces, place in with ham last half hour it is cooking, also add the potatoes peeled. When serving dot with

parsley, serve with biscuits. Serve with apple, marshmallow, walnut salad on lettuce with cream dressing.

MRS. C. W. WHITING.

Ham, Vegetables and Cheese.

Spaghetti (broken) 1 package.
Green pepper (minced) $\frac{1}{2}$ cup.
Tomato juice (strained) 2 cups.
Dash black pepper.

Boil spaghetti in boiling salted water until tender. Drain and place in casserole, adding other ingredients except cheese. Mix well. Sprinkle cheese on top, bake about 45 minutes at 400 degrees. Before removing place in broiler and brown on top. Serve a pineapple and cucumber salad on lettuce with mayonnaise.

MRS. E. F. McLEOD.

Virginia Hash.

Ham (cooked, diced) 2 cups.
Green beans (cut, cooked) 1 cup.
Carrots (cooked, diced) 1 cup.
Flour 3 tablespoons.
Peas (large size, cooked) 1 cup.
Green pepper 1.
Butter 3 tablespoons.
Milk 2 cups.

Melt the butter, add the flour, cook together until bubbling, add milk gradually and cook until smooth. Stir in vegetables and meat and season to taste. Serve a mint gelatin salad on lettuce with pears, grated cheese and mayonnaise.

MRS. WARREN P. HEISER.

KIDNEY, LIVER, ETC.

Beef Kidney.

Beef kidney 1.
Onions (small) 2.
Carrots (medium) 2.
Bacon 2 strips.
Potatoes (medium) 4.
Salt and pepper.
Celery 2 pieces.

Wash, trim and cut kidney in slices and put in bottom layer, then a layer of sliced onions, then a layer of diced carrots, a layer of potatoes in larger pieces. Over this cut up celery stalks. Season each layer as placed in the dish. Put strips of bacon on top and cover with water. Bake an hour, or until kidney is done. Serve with a salad of head lettuce and French dressing.

MAE E. ADDISON.

Kidney Stew.

Kidneys (sliced very fine) 1 pound.
Onion (small, chopped fine) 1.
Potatoes (peeled, diced) $\frac{3}{4}$ cups.
Salt 1 tablespoon.
Celery (diced) 2 medium-sized stalks.
Spinach (raw, chopped) $\frac{1}{2}$ cup.

Let $\frac{1}{2}$ cups water come to a boil, add everything but the spinach and

cook for 40 minutes. When done, add the spinach. Serve cranberry salad on head lettuce.

MRS. GEORGE BOSSE.

Liver.

Liver (in 1 piece) 1 pound.
Flour $\frac{1}{4}$ cup.
Onions (small, cut small) 3.
Celery (chopped) $\frac{1}{2}$ cup.
Potatoes (diced, raw) 4 cups.
Bacon drippings 4 tablespoons.
Carrots (medium sized, diced) 4.
Salt $\frac{1}{2}$ teaspoons.
Tomatoes (canned) 2 $\frac{1}{2}$ cups.
Pepper $\frac{1}{2}$ teaspoon.

Wash and scald liver. Sear liver on all sides in bacon drippings after it has been dredged with flour. Place in casserole, add vegetables and seasoning, pour tomatoes over all and bake covered in moderate oven 2 $\frac{1}{2}$ hours. Serve a salad of apples, pears, on lettuce with mayonnaise.

MRS. M. RUBY.

Liver Baked and Stewed with Vegetables.

Liver 1 pound.
Carrots 5.
Celery 10 stalks.
Onions 5.
Macaroni 2 cups.
Salt 3 teaspoons.
Sugar 2 teaspoons.

Saute the liver 10 minutes, cut into cubes, return to pan with 2 cups hot water and simmer for 30 minutes or until nearly tender. Scrape and quarter carrots. Cut celery into 1-inch lengths. Peel and quarter the onion. Add vegetables and salt and sugar to liver. Parboil macaroni 10 minutes and add liquid and macaroni to the stew. Add boiling water if needed. Cover and simmer about 45 minutes. Serve with salad of figs, dates, currants, cottage cheese and chopped nuts on lettuce.

MRS. M. KAUFFMANN.

Liver and Barley Pudding.

Barley (coarse) 1 cup.
Beef liver 1 pound.
Bacon 3 slices.
Onion (large) 1.
Eggs 2.
Milk 3 cups.
Sirup (heavy) 4 tablespoons.
Salt 1 tablespoon.
Mace $\frac{1}{2}$ teaspoon.
White pepper $\frac{1}{2}$ teaspoon.
Seedless raisins 1 cup.

Wash barley, put in double boiler with 3 cups boiling water, $\frac{1}{2}$ teaspoon salt and let cook until almost dry, about 40 minutes. Put bacon and onion through coarse food chopper, cook slowly in frying pan until light brown. Wash liver, then cover with boiling water. Let stand 5 minutes, wipe dry, put through coarse food chopper, mix all well and add milk

last. Put mixture in buttered dish. Bake 50 minutes in 350-degree oven. Serve with cranberry sauce. Serve a lemon gelatin salad with carrots and nut meats on lettuce with mayonnaise.

MRS. OTTO M. BERNIS.

Chicken Liver Casserole.

Chicken livers 1 pound.
Onions (medium, quartered) 2.
Celery 4 outer stalks cut in $\frac{1}{2}$ -inch pieces.
Wash chicken flour. Sauté in butter until browned. Turn into casserole, add potatoes, onions, celery, carrots, tomatoes and mushrooms. Add water to the pan in which livers are sautéed and boil up to get juice. Turn over liver and vegetables. Cook in moderate oven 45 to 60 minutes. Serve a salad of spiced peach, pear or colored apple and sharp French dressing.

MISS FAIRIE L. TRIFT.

Liver Sausage Hash.

Potatoes (medium large) 10.
Onion (large) 1.
Liver sausage 1 pound.
Boil and cool the potatoes, then cube them, also sausage; onion should be sliced thin. Put shortening into skillet, add all ingredients and mix well over hot fire, stirring occasionally, for about 10 minutes. Serve a salad of beets and lettuce with mayonnaise.

MRS. H. W. OLSON.

Liver Scrambled on Toast.

Eggs 3.
Milk $\frac{1}{2}$ cup.
Onion (fried, minced) 1.
Parsley (minced) 2 tablespoons.
Salt and pepper.
Liver (cooked and chopped) 1 cup.
Mushrooms (fresh, chopped and sautéed) $\frac{1}{2}$ pound.
Bacon (crisp).

Beat eggs, add salt, pepper and milk. Combine with cooked liver, sautéed mushrooms and fried onion. Turn into melted bacon fat in frying pan, cook until creamy, adding parsley just before mixture is done. Serve on hot toast and top with 2 slices crisp bacon. Garnish with parsley. Serve asparagus tip salad with thousand island dressing.

CYNTHIA J. WRIGHT.

Sweetbreads in Tomato Ring.

Tomatoes 1 can.
Bay leaf 1.
Bit of mace.
Salt 1 teaspoon.
Peppercorns 6.
Onion 1 slice.
Butter 2 tablespoons.
Flour 4 tablespoons.
Eggs (whites and yolks beaten separately) 3.
Sweetbreads.

Cook tomatoes, bay leaf, mace, salt,

peppercorns and onion 20 minutes. Strain and reserve 1 cup strained mixture. Melt butter, add flour, and pour in tomatoes slowly. When smooth pour this over egg yolks. Set aside to cool. Beat whites stiff and mix gently with tomato sauce. Turn into well-greased ring mold and set in pan of boiling water. Bake 20 minutes in moderate oven. When ready to serve remove from pan carefully. Peel and trim off skin and roll a strip of bacon around each sweetbread of 1 pound. Broil. Place on platter outside tomato ring, alternating with halves of spiced peaches. Fill center of tomato ring with mushroom sauce:

Green pepper (large) 1.
Mushrooms (skinned and sliced) 1 pound.
Pepper $\frac{1}{8}$ teaspoon.
Onions (small, sliced) 2.
Salt $\frac{1}{4}$ teaspoon.

Wash and halve the pepper and cut in long narrow strips. Mix with onions and sauté in butter till tender. Add mushrooms, salt and pepper. Cook until mushrooms are tender. Serve salad of individual hearts of lettuce with alternate strips of grapefruit and alligator pear marinated in French dressing.

MISS ANNA MOILANEN.

Tongue.

Beef tongue (fresh) 1.
Bacon 1 strip.
Carrots 5.
Potatoes 5.
Onion (large) 1.
Salt and pepper.
Sugar $\frac{1}{4}$ teaspoon.
String beans 1 cup.
Beef broth $1\frac{1}{2}$ cups.
Vegetable broth $1\frac{1}{2}$ cups.
Quick tapioca 2 tablespoons.
Parsley (chopped) 1 tablespoon.
Bread crumbs.

Wash tongue well. Cook in gently boiling salted water 2 hours. Dip in cold water, skin. Cut in rather thick slices. Strain liquor, parboil carrots 15 minutes, slice; save water. Parboil peeled potatoes 3 minutes, slice, save water. Parboil sliced onions 25 minutes, save water. Drain covered string beans and save liquor. Butter large casserole, sprinkle thickly with crumbs. Put in onion, beans, tongue and season to taste. Add carrots, sprinkle with sugar. Put potatoes on top, season and lay strip of bacon over. Add $1\frac{1}{2}$ cups beef broth to $1\frac{1}{2}$ cups vegetable broth. Bring to boil, stir in tapioca, boil 5 minutes, stirring

constantly. Remove from fire, add parsley. Pour over potatoes and bake covered 25 minutes at 350 degrees. Uncover and let potatoes brown. Serve with grape and orange salad on lettuce with fruit dressing.

MRS. L. FAUBERT.

Beef Tongue and Vegetables.

Beef tongue 1.	Carrots (diced) 1
Turnips (diced) 1	bunch.
bunch.	Green pepper
Potatoes (diced) 5.	(diced) 1.
Onions (diced) 2.	

Boil tongue until it is almost tender. Remove skin, place in baking pan and allow to brown slightly with some beef or suet drippings. Place vegetables around tongue, adding a cup hot water, and bake until vegetables are done. Serve with grapefruit salad on lettuce leaves with French dressing.

MRS. MARIE TAYLOR.

LAMB.

Lamb en Casserole.

Neck of lamb 2	Baking powder 3 tea-
pounds.	spoons.
Onion (large) 1.	Lard 2 tablespoons.
Potatoes 2.	Milk $\frac{3}{4}$ cup.
Carrots 4.	Flour 2 cups.
Peas 1 small can.	Celery (outer stalk
Salt 1 teaspoon.	and greens).

Have meat cut in slices. Put on in water to cover and boil 15 to 20 minutes. Turn down fire, add vegetables and 1 tablespoon salt and simmer until all are tender. Thicken stew with 3 tablespoons flour. Make crust, roll $\frac{3}{4}$ inch thick and bake 25 minutes in oven 350 degrees. Serve with pear and cheese salad on lettuce.

MRS. HARRY I. RYAN.

Lamb Casserole.

Lamb (cooked, cold) 3 cups.	Potatoes (hot, mashed).
Corn 1 large can.	Water (cold) 2 tea-
Egg yolk 1.	spoons.
Butter 2 tablespoons.	

Chop cold lamb and moisten with left-over gravy. Place in casserole and dot with butter. Add corn seasoned with salt and pepper, dot with butter. Cover with hot mashed potatoes. Spread top with beaten egg yolk to which 2 teaspoons of cold water have been added. Bake in hot oven, 400 degrees, about 20 minutes or until brown. Serve with cabbage, carrot and nut salad on lettuce with mayonnaise.

MRS. ELSIE D. SCHOENLAU.

Lamb Casserole.

Shoulder lamb 1½	Rice (uncooked) 1
pounds.	cup.
Tomatoes 1 can.	Green peppers 3.
Onions (medium) 6.	

Cut lamb in 2-inch pieces and place in bottom of casserole. Season with salt, paprika and 2 beans of garlic sliced fine. Slice onions and place on top of meat. Add thick part of tomatoes and some juice. Cut peppers lengthwise, remove seeds, place on top of the dish and cover. Let come to a boil first, then lower flame and cook slowly. When meat is partly cooked remove peppers. Let hot water run over rice; drain, sprinkle over top of dish. Cook slowly until rice absorbs all the juices. When rice is done, replace peppers over rice, heat through and serve. Serve with cucumber salad on lettuce with French dressing.

MARIE M. TOPPING.

Lamb Chops en Casserole.

Tomatoes (canned).	Potato slices.
Button mushrooms.	Lamb chops.

Cover the bottom of buttered casserole with tomatoes from which juice has been drained. Add a layer of potatoes, sliced thin and parboiled, and a can of button mushrooms. Cover with lamb chops browned in butter and spread with fried onions fried in fat remaining from chops. Add cup of tomato juice, cover with more tomatoes, season with salt and pepper, cover and bake 2 hours at 350 degrees. Serve asparagus in gelatin salad on lettuce with mayonnaise.

MRS. CLARA S. BRAEUTIGAM.

Lamb Chops.

Shoulder lamb 5.	Biscuit dough (rich).
chops 5.	Potatoes (small,
Onions (medium,	sliced) 5.
sliced) 5.	Salt and pepper.

Cut the chops in small pieces. Roll out the dough a little larger than a pie plate, and on one half slice the meat, etc., making individual servings. Turn the other half over contents and pinch the crust together and roll edges. Bake slowly 45 minutes at least. Serve a fruit salad.

MRS. C. G. SHEWFELT.

Grilled Plate.

Kidney lamb 5.	Brown sugar sirup.
chops 5.	Tomatoes (medium) 5.
Bacon 5 slices.	Pineapple 5 slices.
Sweet potatoes 10	Mushrooms $\frac{1}{2}$ pound.
slices.	French dressing.

Roll a piece of bacon around each

chop, which has been wiped with a damp cloth. Place rolled kidney chops in broiler, also partly cooked sweet potatoes, sliced and basted with brown sugar sirup, pineapple dressed with French dressing. Broil 10 minutes. Wipe, cut tomatoes in half and place on broiler. Place mushrooms on the broiler, broil 8 or 10 minutes more. Season chops, tomatoes and mushrooms with salt, pepper and butter. Arrange on dinner plates and garnish with parsley. Serve with asparagus salad on lettuce with French dressing.

MRS. A. C. KREBS.

Lamb and Macaroni.

Macaroni 2 ounces. Stock 1 cup.
Flour 1 ounce. Mutton (cold,
Butter 1 ounce. chopped) ½ pound.
Mushrooms Salt and pepper,
(chopped).

Boil macaroni until tender. Have it cut in short pieces. Grease a baking dish and stick the macaroni around the bottom and sides of dish. Brown butter and flour, add stock, mushrooms, chopped parsley, pepper, salt, mutton; mix together and put in dish with macaroni. Steam 15 minutes and serve with brown sauce. Serve with head lettuce salad with beets, celery and cucumber. (Cook beets and cucumber.)

MRS. D. PATIENCE.

Lamb Pot Roast.

Shoulder of lamb Onions (sliced) 1
3½ pounds. Pound.
Carrots (diced) 1 Potatoes (peeled and
bunch. quartered).

Brown shoulder of lamb in skillet and let simmer 2 hours. Remove meat from pot, put in layer of onions, then carrots and repeat in alternate layers until all of carrots and onions have been used. Put the meat back on top, cover with potatoes, season with salt and pepper and cover with flour. Cover closely and finish cooking (about 30 minutes) until vegetables are done. Serve pineapple and cream cheese salad on lettuce.

MRS. J. F. O'BRIEN.

Roast Lamb Steak.

Lamb steaks 4. Flour 3 tablespoons.
Salt 1 teaspoon. Shortening 2 table-
Carrots (sliced) 3. spoons.
Peas 1 can. Onions (sliced) 2.

Trim but leave fat on steaks. Roll in flour mixed with salt and a little pepper. Put them in a kettle in which

shortening has been melted and brown on both sides. Remove from kettle and add vegetables, stir, add flour left from the steaks. Make a batter of them, then add a cup of water and stir until thick, return steaks to kettle. Cover and let cook gently an hour, stir occasionally, add the peas and simmer 15 minutes more. Serve a salad of sliced tomatoes on lettuce with mint sauce.

MRS. E. RUTISHAUSER.

Roast Leg of Lamb with Rice.

Irish potatoes Leg of lamb (small).
(large) 5. Rice 1 pound.

Wash rice thoroughly, place in baking pan. Wash leg of lamb and place in center of distributed rice. Peel and wash potatoes and place around lamb on top of rice. Season with salt and pepper, cover with water and place in hot oven 15 minutes, then reduce heat to medium and bake about an hour. Add more water to rice as it bakes. Serve with cole slaw or lettuce salad.

MRS. BIRDIE ADAMS.

Soup Lamb.

Shoulder of lamb Salt 2 teaspoons.
1½ pounds. Carrots (good sized) 2.
Onions (medium Cream of barley 6
sized) 3. tablespoons.

Spray of parsley.
Cut the meat in inch-wide squares. Trim all fat off. Wash and place in kettle with water to cover and simmer 1 hour. Add onions quartered, carrots 2 inches long, parsley sprig tied together, and barley. Let cook 20 or 30 minutes until everything is tender. Remove parsley and bones before serving. Serve salad of beans and tomato with French dressing.

MRS. HENRY MAJER.

Lamb Stew.

Breast of lamb 2 Water (boiling).
pounds. Fat 2 tablespoons.
Green beans 1½ Flour 3 tablespoons.
pounds. Salt 2 teaspoons.
Onions (medium) Pepper ¼ teaspoon.
sized) 2.

Cut meat in cubes, wipe and dredge with flour and brown in fat. Mix remaining flour in fat. Cover well with boiling water and let simmer ½ hour. Pare and slice onions, wash and slice beans the long way. Add onions, beans, salt and pepper to meat. Cook slowly 1½ hours. Serve with boiled rice. Serve lettuce salad

with a dressing of French dressing with mint leaves. MRS. W. H. SMITH.

Lamb Stew.

Lamb shanks 5. Onions (medium sized) 5.
Carrots 5. Potatoes (medium sized) 5.
String beans 1 pound. Parsley 1 small bunch.
Salt 1 tablespoon. Pepper and paprika.

Put lamb shanks in sufficient boiling water to barely cover and boil slowly for 2 hours. After an hour add onions cut in half, carrots cut in 2-inch pieces, string beans cut in inch lengths and parsley. One-half hour before serving add potatoes cut into fourths and spices. Serve a salad of tomatoes, radishes and cucumbers on lettuce with mayonnaise.

MRS. B. P. MANSFIELD.

Lamb Stew.

Lamb shoulder 1. Rice 1 pound.
Tomatoes 1 medium-sized can. German celery (solid) 1 head.
Carrots 2. Onion (large) 1.
Peppercorns 2. Allspice (whole) 2.
Garlic (crushed) $\frac{1}{4}$ clove. Salt and pepper.

Bone shoulder of lamb, making it flat. Trim some meat off and chop fine (have about 1 pound chopped meat). Sew flat piece of meat to a pocket. Put freshly washed rice in a mixing bowl with chopped meat, salt, pepper, garlic and 1 cup tomato pulp. Stuff the mixture to half fill the pocket. Take bones in soup kettle, add salt, pepper, allspice, whole onion, celery, carrot and rest of tomato. Cover all with hot water. Place lamb pocket over bones. Let cook until rice is well done in pocket. When carrot and celery are tender remove from soup to cool. Slice the cold celery and carrot and place neatly in salad bowl and cover with French dressing or mayonnaise for salad.

MRS. MAGDALENA SALAMIE.

Lamb Stew.

Shoulder lamb 2 pounds. Flour (brown) 2 tablespoons.
Bay leaves. Peppercorns 2 or 3.
Pepper and salt to taste. Water (boiling) 2 cups.
Carrots. Potatoes.
Turnips 2. Parsley (chopped).

Cut the lamb or mutton from the shoulder and cut into pieces. Fry brown in good lard, add flour, bay leaves, peppercorns, salt and pepper, boiling water and stir well and let simmer. Cut carrots in long strips,

peel small round potatoes, prepare turnips and add to stew. Simmer slowly. Before serving sprinkle with chopped parsley. Peas may be added. Serve an endive salad with French dressing.

ELIZABETH M. TYSON.

PORK.

Grilled Tomatoes and Bacon.

Tomatoes (large) 3. Yellow cheese (grated) 3.
Toast 6 rounds. Bacon 12 slices.
White onions 2. Green pepper 1.
Salt and paprika to taste. 1 cup.

Run pepper and bacon through food chopper. Place tomatoes in boiling water for 5 minutes, then slip off skins and cut in half. Cut bread in rounds a little larger than the tomatoes and toast them. Place half a tomato on each round of toast, sprinkle with salt. Place 2 tablespoons green pepper and onion on each tomato and top with 1 tablespoon grated cheese. Sprinkle with salt and paprika. Place on baking sheet under broiler flame until cheese melts and browns. Garnish with stuffed olives and serve with stuffed egg salad.

MRS. A. H. LEPUNSKY.

Bacon and Tomato Spaghetti.

Spaghetti 2 boxes. Mushrooms 1 can.
Tomato pulp 1 can. Sweet green peppers 2.
Onions (medium) 2. Sugar 1 tablespoon.

Cook spaghetti $\frac{1}{2}$ hour, then blanch. Fry bacon and cut up onion till brown, add to the spaghetti, then add tomato pulp sweetened, peppers (diced) and mushrooms. Put all together and bake $\frac{1}{2}$ hour. Celery, precooked, may also be added. Serve lettuce salad with fruit dressing.

MRS. B. H. VICTOR.

Rice, Tomato and Bacon.

Rice $\frac{3}{4}$ cup. American cheese 4 table-
Butter 3 tablespoons. (grated) spoons.
Paprika $\frac{1}{8}$ teaspoon. Tomatoes (medium, firm) 5.
Bacon $\frac{1}{2}$ pound.
Milk $\frac{1}{2}$ cups.
Salt $\frac{1}{4}$ teaspoon.

Cook the rice in salted water till soft, drain quickly and keep hot. Make a sauce of milk, butter, salt, paprika and cheese. Keep hot. Fry bacon, remove from skillet and fry tomatoes cut in half, floured and seasoned. Put rice on platter, arrange tomatoes around, bacon on top, sauce around. Serve a salad of grated raw carrots and finely cut hearts of celery.

MARIE A. BLANKE.

Bacon and Spinach Loaf.

Spinach 3 pounds.
 Bacon 10 slices.
 Salt $\frac{1}{2}$ teaspoon.
 Dash of black pepper.
 Soda crackers 15.
 Eggs (hard cooked) 5.
 Lemon juice 1 teaspoon.
 Dash of mace.

Clean spinach well, cook in salted water 15 minutes, drain and chop. Fry bacon to crisp brown and remove from skillet to warming oven. Add crackers to half the fat, roll crackers to crumbs, and stir lightly until they are crisp. Add chopped spinach and chopped eggs, lemon juice, salt, pepper and mace. Mix all well together and when heated remove to platter and shape into loaf. Garnish with bacon. Serve a salad of Bartlett pears on lettuce with whipped cream dressing.

MARIE ROGERS.

Baked Dish.

Potatoes (diced) 1 layer.
 Carrots (diced) 1 layer.
 Peas 1 can.
 Pork chops 5.
 Onions (diced) 1 layer.
 Butter 1 tablespoon.
 Pinch salt and pepper.
 Tomato soup 1 can.

Put the vegetables in a baking dish and pour over all a can of tomato soup and a little celery. Bake in moderate oven $\frac{3}{4}$ hour, until chops are well done. Serve with apple and cabbage salad on lettuce with mayonnaise.

MRS. CARL J. SAMUELSON.

Baked Beans with Salt Pork.

Navy beans (dried) 2 cups.
 Mustard (dry) $\frac{1}{2}$ teaspoon.
 Black molasses $\frac{1}{4}$ cup.
 Baking soda $\frac{1}{2}$ teaspoon.
 Salt 1 teaspoon.
 Black pepper $\frac{1}{4}$ teaspoon.
 Brown sugar 1 tablespoon.
 Pickled pork (dried) $\frac{1}{4}$ pound.

Soak beans overnight. Boil until skins come off. Place in bottom of casserole with salt, pepper, mustard, sugar, molasses and pork. Mix well, add beans and pour boiling water to cover over all. Bake in hot oven 2 hours, keeping beans covered with water. Serve Waldorf salad with mayonnaise.

MRS. A. B. HEWSON.

Boiled Dinner.

Pork shoulder 2 $\frac{1}{2}$ pounds.
 Onions (quartered) 2.
 Celery (in 2-inch lengths) 1 stalk.
 Green pepper (sliced) $\frac{1}{2}$.
 Salt 1 tablespoon.
 Salt pork 1 thick slice.
 Carrots (quartered) 5.
 Cabbage 1 head.
 Potatoes (medium sized, halved) 6.
 Black pepper $\frac{1}{4}$ teaspoon.

Boil meat and salt pork in 3 pints of water over moderate fire for an hour, skimming well. Add salt,

carrots and onions, and after they have boiled 15 minutes put in celery, cabbages, potatoes, green pepper. Cover and boil all until potatoes and cabbage are tender. Add black pepper, thicken with 2 tablespoons flour mixed with $\frac{3}{4}$ -cup milk, boil up. Serve apple salad on lettuce with mayonnaise. MRS. A. C. WILMANNS.

Chicago Barbecued Spareribs.

Spareribs (cut small) 4 pounds.
 Red peppercorn 1.
 Garlic (cut fine) 1 section.
 Salt 1 teaspoon.

Wash ribs and nearly cover with cold water. Add salt, pepper and garlic and let boil until tender, about $1\frac{1}{2}$ hours, and water has cooked down to about one cup. Remove ribs to roasting pan, placing each separately. To a cup of juice of ribs add $\frac{1}{4}$ cup vinegar, $\frac{1}{2}$ cup sweet catsup, $\frac{1}{4}$ teaspoon prepared mustard and mix well. Put some on each piece of rib and bake in oven $\frac{1}{2}$ hour, turning each piece once. Serve with this 1 pound cooked macaroni, 2 tablespoons bacon grease, 2 onions, chopped, 2 green peppers cut up. Fry onions, add peppers and fry 5 minutes, heat cooked macaroni and add. Serve with sliced pineapple salad on lettuce.

MRS. WILLIAM M'NABB.

Chop Suey.

Pork shoulder (lean) 1 $\frac{1}{2}$ pounds.
 Onions (sliced) 1 cup.
 Celery (chopped) 1 $\frac{1}{2}$ cups.
 Soy sauce 2 table-
 spoons.
 Veal $\frac{1}{2}$ pound.
 Salt and pepper.
 Molasses 2 table-
 spoons.

Cut meat in paper-thin strips. Put onions in saucepan with 1 tablespoon water. Cover closely and steam for 20 minutes (just until tender). Heat large iron skillet, put in meat; brown quickly. When nicely brown and tender, add onions, celery, mushrooms, soy sauce, molasses, salt, pepper. Stir thoroughly until all is heated through. Serve quarters of iceberg head lettuce with thousand island dressing for salad. MRS. R. H. WITT.

Chop Suey.

Rice (cooked) or noodles.
 Salt pork or bacon (diced) $\frac{1}{4}$ pound.
 Water 3 to 4 cups.
 Vinegar 1 teaspoon.
 Cooking fat 3 table-
 spoons.
 Onions (medium sized, diced) 2.
 Chop suey sauce 2 table-
 spoons.
 Flour 2 tablespoons.
 Allspice, cloves, etc.
 Meat (cooked) 2 cups.

Brown pork, onion and spices in

large frying pan slowly and thoroughly. Prepare a cup of celery, celery root, bean sprouts, cut in inch squares. Soak the meat in a little chop suey sauce. When pork and onions are browned add 1 cup of water and chop suey sauce, then stir in vegetables. Stir occasionally. If necessary for gravy add water and fat. Thicken gravy with flour blended in water; add vinegar. Serve crisp salad, as cole slaw. MRS. TRUMAN SQUIRE POTTER.

Corn and Pork.

Potatoes (medium sized) 5. Corn 1 can. Pork chops 5.

Grease baking pan, cut raw potatoes in thin slices as for scalloping, put in layers with sprinkling of flour and salt. Pour corn over these layers. Put in pork chops on top and pour over whole dish milk to almost cover chops. Allow this to bake in oven until potatoes are tender. Serve with fresh tomato and lettuce salad with mayonnaise dressing.

MRS. JAMES H. LEWIS.

Baked Pork and Cucumber Dressing.

Pork shoulder 1½ pounds. Pepper ¼ teaspoon. Bread (stale) ½. Cucumber (large) 1. Small loaf. Egg 1. Bacon (chipped) 3. Bay leaf, pinch celery slices. Butter 1 tablespoon. Salt ½ teaspoon. Sage ½ teaspoon.

Slice the pork thin and cut into portions for serving. Pare and halve lengthwise the cucumber. Scrape out seeds and slice thinly crosswise. Stew 20 minutes with onion, bay leaf and celery seed in 1 cup water. Soak bread in cold water 10 minutes. Fry out bacon. Pour water off bread and press dry. Add beaten eggs, salt, pepper, sage and mix well. Remove bay leaf from stewed mixture. Add bacon and its drippings and butter. Add to bread mixture and blend thoroughly. Place in greased casserole, lay on top the seasoned and floured pork. Cover and bake 30 minutes in moderate oven. Remove cover, bake 15 minutes. Make a salad of cranberries and apples on lettuce with mayonnaise.

MRS. C. W. NYMAN.

Pork Chop and Rice.

Pork chops 5. Nutmeg. Rice (cooked) 10 tablespoons. Butter 3 tablespoons. Apples 5. Salt. Sugar 5 tablespoons. Melt butter in baking dish and

place therein pork chops salted. On each chop put 2 tablespoons rice. Place a peeled and cored apple on each covered pork chop. Drop a tablespoon of sugar and a pinch of nutmeg into each apple. Cook 1½ hours in slow oven. It should be hot the first 10 minutes to seal the meat juices in the chops. A little hot water may be necessary. Serve a tomato and endive salad with French dressing.

MRS. W. S. DUNCAN.

Pork Chop and Vegetable Casserole.

Pork chops 1 pound. Tomatoes (canned) 2 Carrots 2. cups. Peas 1 cup. Potatoes (medium sized) 5. Celery 2 stalks. Salt 2 teaspoons.

Peel and slice potatoes, scrape and slice carrots. Cut onion in fine slices. Cut celery in half-inch lengths. Mix all vegetables except tomatoes together with 1 teaspoon salt and place in baking dish. Pour tomatoes over this. Salt the meat with the remaining teaspoon salt and place in layer over vegetables. Bake 1½ hours in moderate oven, 375 degrees. Turn meat at end of first hour. Serve salad of French dressing with head lettuce.

MRS. V. W. HAAG.

Italian Spaghetti.

Pork chops (large) 3. Tomatoes 1 can. Onions (small) 2. Garlic 1 clove. Salt 1 teaspoon. Pepper ½ teaspoon. Spaghetti 1 package.

Cut chops in small bits and remove bone. Put in hot pan and brown on all sides. Add tomatoes, onions and garlic cut in small pieces. Let this simmer for 2 hours. During last half hour of cooking add salt and pepper. Plunge spaghetti without breaking into salted water and cook 20 minutes. Drain, put on large platter and pour meat sauce over. Serve salad of lettuce with French dressing.

MRS. JOHN H. JOHNSON.

Lima Beans and Salt Pork.

Lima beans 4 cups. Onion (good-sized, Salt pork (diced, cut fine) 1. fine) 2 slices. Flour 1½ pints. Baking powder 2½ Salt ½ teaspoon. teaspoons.

Soak the beans over night in 3 quarts water. Then put over fire, adding water if necessary. Add onion and salt pork. Cook gently until beans are soft, but not mushy. Make dumplings

of flour, baking powder, salt and cold water to make a dough soft enough to drop from a spoon. Cook on top of beans. Keep cover on tight for at least 20 minutes. Serve an egg salad with cucumber and beets on lettuce with sour cream dressing.

E. C. McARDLE.

Pork and Mushrooms.

Pork chops (large, diced) 2. Flour 4 tablespoons.
Salt 2 teaspoons. Pepper $\frac{1}{2}$ teaspoon.
Butter 4 table- Milk 1 cup.
spoons. Mushrooms 1 small
Cream $\frac{1}{2}$ cup. can.

Roll meat thoroughly in flour seasoned with salt and pepper. Melt butter in frying pan, put in chops and cook to light brown. Stir in whatever flour was left. Add milk and cream. Put over fire and stir gently 20 minutes. Lastly add mushrooms. Serve on small slices of toast. Serve cabbage in gelatin with pimento and green peppers for salad.

MISS HELEN E. ADAMS.

Pork and Noodles.

Pork shoulder 2 American cheese
pounds. (chopped fine) $\frac{1}{4}$
Butter 2 table- pound.
spoons. Noodles (fine, cooked)
Gravy, milk or broth. 1 package.
Corn 1 can.

Cook the meat cut in small pieces until tender. Then mix all the above together, cover with bread crumbs. Add gravy, milk or broth about half-way up in the casserole. Bake in moderate oven 45 minutes. Serve salad of apples, celery, onion and green pepper with French dressing on lettuce.

MRS. B. B. McCULLOCH.

Pork Tenderloin with Noodles.

Pork tenderloin pat- Cheese.
ties 5. Noodles (medium) 1
Tomatoes 1 medi- package.
um-sized can. Celery 1 stalk.
Green pepper. Onion.

Fry the patties until brown. Boil the noodles in salted water 25 minutes and drain. Put in casserole tomatoes and celery, green pepper, onion, after they have been cooked together 20 minutes. Season well and cover with cheese. Bake 20 minutes. Serve with head lettuce salad, French or mayonnaise dressing.

MRS. A. WATTS.

Pork Pie.

Pork (cut up) 1 Potatoes (medium
pound. sized) 3.
Carrots (diced) $\frac{1}{2}$ Celery (diced) $\frac{1}{2}$ cup.
cup. Onion (large) 1.
Cheese (grated) 4 Peas $\frac{1}{2}$ cup.
tablespoons. Green beans $\frac{1}{2}$ cup.
Milk $\frac{3}{4}$ cup. Flour $1\frac{1}{2}$ cups.
Baking powder 3 Salt 1 teaspoon.
teaspoons. Fat 2 tablespoons.

Simmer the meat about an hour. Cook vegetables until tender; make gravy of broth from meat, $\frac{1}{2}$ cup water in which vegetables were cooked, 3 tablespoons of flour and a few drops of kitchen bouquet. Place meat and vegetables in baking dish and pour over gravy. Cover with crust made from the remaining ingredients and bake in hot oven, 450 degrees, for 30 minutes. Serve with tomato and lettuce salad with dressing.

MRS. HARRY A. SCHMID.

Pork and Potato.

Pork shoulder (lean) Irish potatoes 1 quart.
2 pounds. Butter 2 tablespoons.
Whole milk 2 cups. Bread crumbs (finely
Flour 2 tablespoons. grated) $\frac{1}{4}$ cup.
White pepper $\frac{1}{2}$ tea- Salt 1 teaspoon.
spoon.

Slice the meat half inch thick and cut in pieces suitable for serving, then place in bottom of casserole. Thoroughly mix flour, salt and pepper and sprinkle some of it over the meat. Cover meat with a layer of potatoes, peeled and sliced thin, sprinkle with remaining flour, salt and pepper. Put in another layer of potatoes, heat the meat and pour it over all. Melt the butter and mix it with crumbs and spread on top. Bake $1\frac{1}{4}$ hours in moderate oven, 350 degrees. Serve salad of cabbage, pineapple and red pepper with cooked salad dressing.

MRS. CATHERINE PETERSON.

Escalloped Potatoes and Pork Chops.

Potatoes (peeled, sliced) 4 cups. Onion (medium sized)
diced) 4 cups. $\frac{1}{2}$.
Pork chops 6. Salt, pepper, butter.

Place half potatoes in well greased baking pan. Bury the half onion in center, lay half the chops on top, sprinkle with salt, pepper and dots of butter. Put rest of potatoes on, remainder of chops, sprinkle with salt, pepper and butter. Pour hot water to barely cover over all. Bake in medium hot oven $1\frac{1}{2}$ to 2 hours covered. Remove cover 30 minutes before done and brown. Serve salad

of pineapple, beets and onion on lettuce with cooked dressing.

MRS. GEORGE S. ARNOLD.

Sausage and Noodles.

Chinese noodles $\frac{1}{2}$ pound.
Green pepper 1.
Green peas (cooked) 1 cup.
Pinch powdered cloves.
Pepper $\frac{1}{4}$ teaspoon.
Milk 2 cups.

Sausage patties 8.
Pimento (canned) 1.
Corn (canned, cooked) $\frac{1}{2}$ cup.
Salt 1 teaspoon.
Flour 2 tablespoons.
Butter 1 lump size of walnut.

Fry sausage patties until crisp and brown, boil noodles in salted water until soft, then drain. Sprinkle ground cloves over sausages. Chop pimento and green pepper in small pieces and mix with corn and peas. Drain grease off sausage, saving 1 tablespoon or more, and mix and blend flour with grease. Season with salt and pepper, add milk, peas and corn with green pepper and pimento. Cook until thick, then pour over noodles and add sausage patties. Edge platter with sliced tomatoes and parsley. Serve fruit salad of pineapple, cream cheese, chopped canned peaches, oranges with cherries and stuffed olives on lettuce with mayonnaise and nuts.

VIOLA EICHELBERGER.

Sausage Dumplings.

Potatoes (medium sized) 8.
Sugar 1 teaspoon.
Flour 1 cup.
Summer sausage $\frac{1}{4}$ pound.

Salt 1 teaspoon.
Eggs 2.
Salt pork (sliced) $\frac{1}{2}$ pound.
Onion (small) $\frac{1}{2}$.

Peel and boil the potatoes, mash and cool. Add salt, sugar, eggs and flour, mixing thoroughly. Put on floured board and cut as for rolls. Make a filling as follows: Cut into $\frac{1}{4}$ -inch cubes the salt pork, summer sausage and onion. Fry until slightly browned. Flour hands lightly and place a teaspoon of the filling in the center of a piece of potato mixture and shape in a ball around the filling. Drop in boiling salted water and boil 10 minutes. Serve hot on a platter with gravy made of drippings, 1 tablespoon flour and 1 cup water in which dumplings were boiled, and 1 cup milk. Serve a salad of green string beans, celery, pimento, hard-cooked eggs with dressing on lettuce.

MRS. E. A. ERICKSON.

Sausage and Eggs.

Pork sausage meat 1 pound.
Eggs (hard cooked) 4.
Cracker crumbs. Egg (beaten) 1.

Shell the eggs, wipe dry. Divide sausage meat into 4 portions. Mold meat around eggs, then dip in beaten egg, roll in cracker crumbs and fry in deep fat until golden brown, drain. Cut the nests in halves lengthwise and arrange on platter with sprigs of parsley. Serve hot or cold. Serve salad of cooked potatoes, carrots, peas, beets, a touch of onion and cucumber on lettuce with mayonnaise dressing.

MRS. H. GUEST.

Sausage and Fruit.

Potatoes (mashed). Pork sausage links 1 pound.
Sugar.
Apples (baking) 4 or 5.

On greased baking platter heap an oval mound of mashed potatoes, leaving a 3-inch space around edge of platter. Quarter, peel and core the apples, dip in water and then in sugar, place these all around the potato mound. Place the sausage links in ladder-rung fashion on top, and press down slightly into potatoes. Twenty minutes before serving time place in hot oven and cook. Serve green bean salad on lettuce with French dressing.

MRS. EDWARD NIEBURGER.

Stuffed Peppers and Sausage.

Sausage meat 1 pound.
Green peppers (medium) 5.
Cracker crumbs $\frac{1}{2}$ cup.
Tomato soup 1 can.

Mix meat and cracker crumbs, cut tops off peppers. Fill with meat mixture. Replace tops, holding together with toothpicks. Stand upright in stewpan. Peel potatoes and set between peppers. Pour tomato soup over all, rinse can with water and add. Cover closely and let simmer 45 minutes. Serve green bean salad with onion and parsley on lettuce with French dressing.

MRS. L. DE MARCO.

Pork Sausage, Rice, Tomato.

Rice (uncooked) 2 cups.
Tomatoes (canned) 2 cups.
Green pepper (large) 1.

Salt 2 teaspoons.
Butter 2 tablespoons.
Onions (large) 2.
Pork sausage 1 pound.
Pepper or paprika $\frac{1}{4}$ teaspoon.

Cut pepper and onion fine, place in kettle with rice and fat and cook over medium flame until rice is

brown, stirring frequently. Add tomatoes and cover. Reduce heat and simmer an hour. Add hot water if necessary. Fry sausage until well browned. Turn rice into large platter. Place sausages in row on top, garnish with green pepper and pimento. Serve salad of cabbage and apple with mayonnaise.

MRS. LOUISE BARRY VOPACKE.

Sausage and Sauerkraut.

Sauerkraut (cooked) 1 pint.
Noodles (wide, cooked) $\frac{1}{2}$ package.
Onion (large) 1. Pork sausage 1 pound.

Slice the onion thin and fry in 1 tablespoon butter until golden brown. Grease a casserole with butter, place in the sauerkraut with water to cover, then a layer of noodles, then layer of onions. Place sausages on top. Cook half an hour or until meat is brown. Serve tomatoes stuffed with celery, green pepper and dressing for salad.

MRS. A. HEITMAN.

Sausage and Sauerkraut.

Sauerkraut 1 can. Apples (sliced).
Pork sausage. Potatoes (baked).

Wash and drain the sauerkraut. Place a layer of sauerkraut in dish, then thick layer of sliced apple, then another layer of sauerkraut, then layer of pork sausage. Cover and put in a moderate oven $1\frac{1}{2}$ hours. Serve baked potatoes. Serve celery and ripe olives in place of salad.

MRS. W. L. STATON.

Sausage and Sweet Potato.

Link sausages (small) 10. Sweet potatoes (medium sized) 5.
Apples (tart) 5. White onions (small) $\frac{1}{2}$ pound.
Salt, pepper and paprika to taste.

Put sausages in cold water, bring to boiling point and drain. Place in covered baking dish. Arrange on top uncooked sweet potatoes pared and sprinkle with salt and pepper. Skin the onions and place on sweet potatoes. Add $\frac{1}{2}$ cup hot water and cover tightly. Bake in slow oven, 350 degrees, for 45 minutes. Remove cover and place apples on top, have apples pared, cored and halved. Increase heat to 400 degrees and cook until apples are tender. Serve turnip and carrot salad on lettuce with mayonnaise.

MRS. ED MEYERS.

Sausage with Sweet Potatoes, Apples.

Fresh pork (lean) 2 pounds. Fresh pork (fat) 1 pound.
Salt 3 teaspoons. Sage (sifted) 3 teaspoons.
White pepper 2 teaspoons. Allspice $\frac{1}{4}$ teaspoon.

Put meat through grinder twice and mix well with seasonings. Use a third or half for one meal. Make into balls. Butter a baking dish which is rather long. Peel 6 medium-sized sweet potatoes and cut in slices $\frac{1}{2}$ inch crosswise; core and serve without peeling 4 good-sized apples. Place a layer of sweet potatoes in baking dish, then layer of apples. Sprinkle over these 3 tablespoons sugar, 1 teaspoon salt, dash of cinnamon or nutmeg. Place 10 sausage balls on apples. Add water to cover the bottom of the pan. Bake an hour in 350-degree oven. Serve orange and celery salad with mayonnaise on lettuce.

MRS. KATHERINE M. CURRAN.

Vegetable and Sausage.

Mushrooms 1 pound. Bread crumbs (fresh) 3 cups.
Sausage cakes. Parsley (chopped) 3 tablespoons. Butter 3 tablespoons.
Eggs 2. Celery (chopped) 6 tablespoons.
Mushroom stems (chopped). Cream or rich milk to moisten.
Salt and pepper.

Make sausage cakes by flattening balls of not too highly seasoned sausage meat. Place sausage in shallow baking dish. Mix eggs, crumbs, seasoning, cream and butter until thoroughly blended. Add celery, parsley and chopped stems. Place a round mound on grill side of each mushroom, then a mushroom on each sausage cake. Cover surface of dish with water. Bake until browned. Serve beet and pineapple salad on lettuce with fruit juice dressing.

ZDENKA SPATNY-STULIK.

Vegetable and Sausage.

Pork sausages (link) 20. Queen squashes 5.

Into each half of squash place 2 links pork sausage and bake in moderate oven an hour. No seasoning is necessary. Serve salad of celery, grapes and apples on lettuce with mayonnaise.

MRS. ANDREW HOPKINS.

Savory Pork Chops.

Salt and pepper. Onions (large) 5.
 Green pepper 1. Celery 1 large bunch.
 Tomatoes 1 small. Rice (cooked) 1 cup.
 can. Lard 1 tablespoon.
 Pork chops 5.

Brown the pork chops slightly on both sides, place in waterless cooker. Cut celery, onions and pepper in small pieces. Put rice on chops, and celery, onion and pepper. Strain tomatoes and pour liquid over chops. Salt and pepper to taste. Cook slowly 45 minutes. Serve salad of head lettuce and thousand island dressing.

MRS. IAN RANDALL.

Spareribs.

Sweet potato (mashed) 2 cups. Onion (minced) 1
 Rice (boiled) 1 cup. Celery (minced) 1½
 Butter (melted) 2 cups.
 tablespoons. Salt and pepper.

Mix stuffing thoroughly. Remove surplus fat from 2 pounds spareribs. Brown them on both sides. Put stuffing on one-half of the ribs and fold over the other half to cover the stuffing. Dredge with flour. Cover bottom of baking pan with boiling water. Add spareribs and bake in hot oven, 425 degrees, until brown. Serve cranberry jelly salad with celery, nut meats, grapes and apples.

DAISY ADAMSON.

Stuffed Pork Chops.

Potatoes (sliced, Milk 2½ cups.
 raw) 5 cups. Flour 2 tablespoons.
 Butter 3 table- Salt 1 teaspoon.
 spoons. Pepper ¼ teaspoon.

Butter bottom and sides of large flat baking dish and put into it the sliced potatoes. Make a white sauce of the butter, flour, milk, salt and pepper and pour over potatoes. Arrange stuffed chops over the top and bake in moderately hot oven for an hour. Take 5 chops cut thick, slice 2 large baking apples and slit a pocket in each chop and fill with apples, and sew up pockets. Serve salad of cabbage, celery, carrots, onion and green pepper on lettuce with mayonnaise.

MRS. JOHN B. ADLER.

Pork and Veal Cold Plate.

Pork 1½ pounds. Veal ½ pound.
 Milk 1 tall can. Onion ½.

Put meat and onion through fine meat chopper twice, add salt, pepper and milk. Mix well and fill in 5 or

6 individual cups. Place cups in baking pan with some water in the bottom. Place a piece of greased paper over the cups, then bake in moderate oven about 2 hours. Let cool and place in icebox. Garnish with potato salad and tomato, or vegetable salad. Serve cold.

LOUIS BESNARD.

Pork and Vegetables with Noodles.

Noodles (fine) 1 package. Condensed milk 1 tall can.
 Pimento (canned) 1. Fresh pork sausages (small) 1 pound.
 Green pepper 1. Mushrooms 1 can.
 Green peas 1 large. Flour 2 tablespoons.
 can. Salt 1 teaspoon.
 Green pepper ½ tea- Spoon. Water ½ cup.

Cook noodles in boiling salted water until tender, drain. Fry sausages until crisp, drain off grease except 1½ tablespoons. Chop sausages into pieces ½ inch long. Dice pimento and green pepper. Add flour to fat in pan, stirring until smooth. Add pepper, salt and milk diluted with water. Cook until mixture thickens, stirring. Pour over the noodles. Add sausage, green pepper, peas and pimentos, also mushrooms if desired. Simmer until thick. Service with shredded head lettuce salad with thousand island dressing.

MRS. H. MADSEN.

Salt Pork and Vegetable.

Potatoes (left-over, Salt to taste.
 mashed) 1½ cups. Milk 2 cups.
 Egg 1. White pepper ½ tea-
 Sugar 2 tablespoons. spoon.
 Salt ¾ teaspoon. Flour 2 or 3 cups.
 Flour 2 tablespoons. Salt pork or fat ham
 Potatoes (raw, me- ½ pound.
 dium sized) 4 or 5.

Grate raw potatoes fine and drain. Add mashed potatoes, egg well beaten; stir in sugar, salt, pepper and enough flour to make mixture stick together. Cube ham or pork and fry well done. Fill kettle ¾ full of boiling salted water. Form dumplings, press in each 2 or 3 cubes of salt meat and drop in boiling water. Cover kettle and cook 25 minutes, remove from fire and remove dumplings. Brown the flour in the grease remaining after frying meat. Add milk and let cook into slightly thick gravy. Salt to taste. Serve a fruit salad of grapefruit, pineapple, oranges and grapes on lettuce with French dressing.

MRS. S. A. BERGQUIST.

Pork, Vegetables and Noodles.

Pork (lean) 1½ pounds.
 Bacon fat ¼ cup.
 Onions (large) 6.
 Green pepper ½ cup.
 Parsley 4 table-spoons.
 Pimento 4 table-spoons.
 Noodles (cooked) 2 cups.
 American cheese ½ pound.
 Salt 1 teaspoon.
 Pepper ¼ teaspoon.
 Paprika ¼ teaspoon.
 Tomato sauce 1 cup.

Cube meat and brown in bacon fat. Mince vegetables, add meat and noodles, grated cheese and seasonings. Mix well and place in casserole, pour tomato sauce over and bake in moderate oven 1½ hours. Serve carrot and cabbage salad on lettuce with French dressing.

VEAL.**Veal Fricassee with Noodles.**

Veal steak 1 pound.
 Carrots 1 bunch.
 Onions (medium sized) 2.
 Flour 2 tablespoons.
 Egg noodles (medium fine) 1 package.
 Seasoning.

Drop noodles in boiling water and cook until tender. Drain and place over a pan of hot water to steam while veal is cooking. Cut veal into small pieces, season with salt and pepper, dredge with flour and brown in hot fat. Add onions sliced thin, carrots diced, enough boiling water to cover. Cover and let simmer until veal and vegetables are tender and a gravy is formed. Arrange noodles on hot platter, pour fricassee over, garnish with parsley. Serve jellied apple salad with celery and nuts, on lettuce with mayonnaise.

RUTH F. PATTERSON.

Veal Loaf.

Veal shoulder 2 lbs.
 Onions 2.
 Water (cold) 1 cup.
 Carrots 1 bunch.
 Gelatin 1 envelope.
 Salt to taste.

Cook meat and vegetables together until meat is quite tender. When cool put through food chopper. Boil down veal broth with vegetables until there are three cups. Soak gelatin in cold water a few minutes. Pour boiling broth into gelatin, mixing thoroughly. Add the meat. Put all in a cold wet mold and chill several hours. Turn out of mold on serving plate and garnish with sliced ripe tomatoes. Serve a salad of pears, peaches, honeydew melon and mayonnaise on lettuce.

MRS. V. B. MCGREN.

Veal Pie.

Veal stew (boneless) 1½ pounds.
 Ham (raw) 1 slice.
 Flour 2 tablespoons.
 Pastry.
 Peas 1 small can.

Mushrooms 1 small can.
 Butter 2 table-spoons.
 Onion 1.
 Carrots 4 or 5.
 Potatoes 4 or 5.
 Seasoning.

Cut veal and ham in inch cubes. Soak together in cold water for few minutes and then cook in same water until tender. Cook diced carrots, onion and potatoes until tender. Arrange alternate layers of meat, vegetables and mushrooms in a casserole and cover with sauce made of butter, flour and the water that the meat was cooked in. Cover with plain pastry and bake in moderately hot oven, 375 degrees, for 30 minutes or until pastry is browned. Serve salad of tomato, string beans and cottage cheese with French dressing on lettuce.

MRS. GEORGE J. BAUM.

Rice and Veal.

Rice (well seasoned).
 Veal (cooked, finely chopped) 1 cup.
 Egg (beaten) 1.
 Cracker crumbs 2 table-spoons.
 Salt, pepper, lemon juice.
 White sauce.
 Parsley (finely chopped) ½ teaspoon.
 Tomato sauce, creamed mushrooms or fresh peas.

Line buttered mold with rice. Add egg to cold veal, cracker crumbs, white sauce to moisten. Season with salt, pepper, lemon juice and parsley. Pack meat in center of mold, cover with rice, cover and steam 35 minutes. Make a sauce of tomato soup, creamed mushrooms or fresh peas. Serve a salad of a quarter of a head of lettuce and thousand island dressing.

MRS. F. W. PRESTON.

Veal Stew.

Meat (chopped) 3 pounds.
 Cornstarch 3 table-spoons.
 Sirup ½ teaspoon.
 Shortening ¼ cup.
 Onions (small) 4.
 Salt 1½ teaspoons.
 Carrots (chopped) 1½ cups.
 Potatoes (medium sized, diced) 6.
 Water (boiling) 2 quarts.
 Pepper ¼ teaspoon.

Cut meat into medium-sized pieces, dust with cornstarch and put in kettle with onion, sirup and shortening. Brown the meat. Add water and simmer, closely covered, for an hour. Season, add carrots and potatoes and simmer another hour. Combine 1 cup shredded cabbage, carrot, apple and English walnuts for salad. Arrange on lettuce and garnish with orange sections and mayonnaise.

MRS. EDGAR LINDSAY.

Veal Stew.

Veal 2 pounds.
 Potatoes 5 to 7.
 Butter 1 tablespoon.
 Salt 1 teaspoon.
 Pepper to taste.

Carrots 1 bunch.
 White onions (small) 5.
 Peas 1 No. 2 can.
 Flour 1 tablespoon.

Wash and cut meat in small pieces. Put to boil in covered pot half full of water, add salt and pepper. Let meat boil 45 minutes (medium heat). Clean and dice carrots and onions, add to meat. Wash and peel potatoes, add to meat mixture. Let remain on fire for 30 minutes or more. Drain peas and add. Brown butter and flour and pour over stew. Leave on fire 5 minutes longer. Serve salad of apples, raisins, celery on lettuce with mayonnaise.

MRS. J. B. MAREK.

Casserole of Veal and Vegetable.

Veal (ground) $\frac{3}{4}$ pound.
 Onion (medium sized, ground) $\frac{1}{2}$.
 Dash cayenne, salt and pepper.
 Corn meal 1 cup.

Chili powder $1\frac{1}{4}$ teaspoons.
 String beans (cooked) 1 cup.
 Pork (ground) $\frac{1}{4}$ pound.

Stir corn meal into $3\frac{1}{2}$ cups boiling water and cook 30 minutes in double boiler. Put tomato juice and 1 cup boiling water in saucepan and stir in above seasonings. When boiling stir in ground meat and simmer 20 minutes. Remove from fire and stir in chopped green beans. Put layer of meat in baking dish, then corn meal mush, alternating until all is used, with mush on top. Moisten with some of the liquid and bake in moderate oven 20 minutes. Serve salad of lettuce with stuffed olives and gherkin pickles with French dressing.

MRS. FRANK W. WARD.

Veal and Vegetable Loaf.

Veal (double ground) 3 cups.
 Corn (grated) 1 cup.
 Butter 2 tablespoons.
 Egg 1.

Onion (chopped) 4 teaspoons.
 Salt 2 teaspoons.
 Pepper $\frac{1}{4}$ teaspoon.

Grate enough fresh corn to make one cup of pulp. This is finer than when cut from the cob. The meat should be double ground, in order to be fine. Combine the corn, meat and onion and the rest of the seasoning. Shape the loaf and dress with the whole egg beaten enough to spread over the loaf. Bake in a moderate oven 30 minutes to the pound.

Veal Patties.

Milk 1 cup.
 Eggs 2.
 Veal (precooked) $\frac{1}{2}$ cup.

Flour 2 tablespoons.
 Parsley 1 teaspoon.
 Bread crumbs 1 cup.

Mix the flour with the bread crumbs. Add to the beaten egg and milk. Add the ground cooked veal. Add the chopped parsley and fry in small cakes. This makes either a nice luncheon service or a hot croquette to serve with a cold meat.

Veal Rolls.

Veal steak 1 $\frac{1}{2}$ pounds.
 Pepper $\frac{1}{4}$ teaspoon.
 Salt 1 teaspoon.
 Butter 2 tablespoons.

Mustard (prepared) 2 teaspoons.
 Salt bacon 6 slices.
 Onion juice 2 teaspoons.

Use veal steak which is cut thin. Pound it until the steak is mashed. Spread with a thin coating of mustard. Melt the butter and sprinkle it over the steak. Cut in 6 strips, 4 inches wide and 6 long. Season with the salt, pepper and onion juice and roll one slice of bacon (which is folded over or cut in small pieces as desired) in the strip of veal. Fasten with toothpicks. Brown in hot fat. Place in a baking dish and bake in a low oven 2 hours.

Veal and Pork Pie.

Veal (cooked) 1 cup.
 Pork (lean, cooked) 1 cup.
 White sauce (medium) 1 cup.

Spinach (cooked) 1 cup.
 Salt $\frac{1}{2}$ teaspoon.
 Biscuit dough.

Grind the cooked veal and cooked pork. Line the baking dish with biscuit dough. Place the ingredients in the dish in layers, first a layer of veal, then pork, spinach and then white sauce. Fill the dish three-fourths the way and cover with a lattice of biscuit dough. Bake in a hot oven twenty minutes until the dough is baked and well browned.

Veal Hearts.

Veal hearts 3.
 Celery 1 cup.
 Bread crumbs $\frac{1}{2}$ cup.

Butter 3 tablespoons.
 Salt 1 teaspoon.
 Pepper $\frac{1}{8}$ teaspoon.

Wash and cut the veal hearts. Make a dressing of the chopped celery, bread crumbs, butter, salt and pepper. Stuff the veal hearts and fasten back together well with skewers. Bake in a low oven until tender.

PASTRIES

Pastry is classed as plain or fancy. Plain pastries are pies and tarts. Fancy pastries are puff paste and tortes.

Pies are one of America's favorite desserts. Individual tarts and filled puffs make choice fancy desserts for lunch and dinner. Tortes are the fluffiest, richest form of pastry and the most difficult to make.

PIES.

Apple Pie.

Bread flour $1\frac{1}{4}$ cups. Lard $\frac{1}{2}$ cup.
Baking powder $\frac{1}{2}$ teaspoon. Ice water 3 to 5 ta-
blepoons.
Salt $\frac{1}{2}$ teaspoon.

Work lard into flour with a fork. Gradually add as little water as possible. Put in a cold place while paring fruit.

Apples (large) 4. Nutmeg $\frac{1}{2}$ teaspoon.
Sugar $\frac{3}{4}$ to 1 cup. Butter 1 tablespoon.

Line a large tin with thin-rolled crust. Fill with the apples. Sprinkle with sugar, then grated nutmeg and dot with butter. Moisten edge of crust with water, then place top crust on. Press edges together with a fork. Also perforate with a fork to let steam escape. Bake 350 degrees for 1 hour.

MRS. H. MARGGRAF.

Apricot Pie.

Flour $1\frac{1}{2}$ cups. Lard $\frac{1}{2}$ cup.
Water 2 tablespoons. Pinch of salt.

Bake in a very hot oven. Perforate crust with a fork to let the air out while baking.

Cornstarch 1 table- Apricots 1 pound.
spoon. Sugar $1\frac{1}{4}$ cups.

Soak fruit 10 hours. Cook apricots until tender, put through ricer. Add sugar and cornstarch. Cook 5 minutes and add to baked crust. Top with whipped cream.

MRS. A. K. WEIDEMANN.

Rich Pie Crust.

Lard 1 cup. Water (ice cold) $\frac{1}{4}$
Salt 1 tablespoon. cup.
Flour (sifted) 3 cups.

Mix flour, salt and lard with fork. When thoroughly mixed form a hole in the center. Put in a little water and mix flour mixture as much as water will absorb and proceed over

again until the flour and lard are all mixed. Use very little flour on board to roll and do not handle any more than is necessary.

MRS. VINCENT MILLER.

Banana Cream Pie.

Eggs 4.	Flour 1 cup.
Lemon peel (grated) 1 tablespoon.	Cornstarch 2 table- spoons.
Baking powder 2 teaspoons.	Bananas (thinly sliced).
Sugar 1 cup.	Cream (whipped stiff)
Lemon juice 3 table- spoons.	$\frac{1}{2}$ pint.

Add sugar, lemon peel and 3 table-
spoons lemon juice to egg yolks. Beat until thick and lemon colored. Sift flour, then put cornstarch in a cup and fill cup with flour to measure. Add baking powder and sift all together. Add this to beaten yolks. Beat whites stiff and dry, cut and fold in. Oil 2 square cake tins on bottom only and divide batter into them, pressing it a little higher on sides with back of spoon. Bake in 300-degree oven till delicately brown and firm to touch. Invert over rack. When cake is cool halve, and on bottom half put a thick layer of thinly sliced bananas. Sprinkle these with a little sugar and a few drops of lemon juice. Lay on top half and cover with whipped cream.

MRS. CHAUNCEY T. RANDALL.

Banana Cream Pie.

Flour 1 cup.	Water (cold) 3 table- spoons.
Salt $\frac{1}{4}$ teaspoon.	
Lard $\frac{1}{2}$ cup.	

Sift flour, salt, add lard cut in small pieces with a knife, work with finger tips until very fine; toss lightly with knife, add cold water, gather together to form a lump, roll out, handling as little as possible. Perforate center of pie shell with fork and bake in a 10-inch pieplate in a quick oven until light brown.

Milk 2 cups.	Water (cold) 3 table- spoons.
Sugar 1 cup.	Bananas 1 large or 2 small.
Cornstarch 2 level tablespoons.	Egg whites 3.
Flour 3 level table- spoons.	Granulated sugar 4 tablespoons.
Salt $\frac{1}{4}$ teaspoon.	Vanilla $\frac{1}{2}$ teaspoon.
Egg yolks 3.	
Vanilla 1 teaspoon.	

Scald milk in double boiler, sift together sugar, cornstarch, flour and

salt. Mix well. Add egg yolks and water stirred together to the milk and stir constantly until spoon is well coated, remove, beat several times; add vanilla, cool about 10 minutes. While filling is cooling peel banana, scrape gently with a knife. Add half the filling to pie shell, then slice bananas and add remainder of the filling to the pie. Make a meringue of egg whites, sugar and salt and vanilla (whip egg whites until stiff and add the sugar, salt and vanilla). Put on top of pie, return to a hot oven for a few minutes to brown lightly. Serves 6.

MRS. HARRY L. CURETON.

Butterscotch Pie.

Evaporated milk 1 can. Eggs 3. Butter 2 tablespoons. Milk 1 cup. Pinch of salt.

Put can of evaporated milk in pan of boiling water; boil 2 hours, keeping can covered with water. Remove thick contents from can and mix it with 1 cup milk; beat well. Add 3 beaten yolks and cook until custard-like, or until you can mold it fairly well with spoon. Then add butter and salt. Beat whites until stiff and whip into custard. Bake in moderate oven 20 minutes.

RITA HORNER.

Carrot Pie.

Carrots (cooked and mashed) $1\frac{1}{2}$ cups. Ginger $\frac{1}{2}$ teaspoon. Brown sugar $\frac{3}{4}$ cup. Salt $\frac{1}{2}$ teaspoon. Cinnamon 1 teaspoon. Eggs 2. Sweet milk $1\frac{1}{2}$ cups. Sweet cream $\frac{1}{2}$ cup.

Mix ingredients in order given and bake in 1 crust. Bake in quick oven at first to set rim, then decrease the heat, as egg and milk mixture in combination needs to be cooked at low temperature.

MRS. RICHARD ARCHER.

Coconut Cream Pie.

Egg yolks (beaten) 3. Sugar 8 level tablespoons. Butter (melted) 2 tablespoons. Cornstarch 2 tablespoons dissolved in 4 tablespoons cold water. Milk 2 cups. Grated coconut 1 cup.

Cook in double boiler until thick. Place in a pie shell which has been previously baked and cooled. Beat the whites of 3 eggs, adding 2 tablespoons sugar. Spread over the cream filling, sprinkle with coconut and brown in pie crust.

MRS. JESSIE TENNEY FRANKE.

Cherry Tarts.

Red cherries (stoned) 3 cups. Egg 1. Sugar 1 cup. Fat $\frac{3}{4}$ cup. Gelatin $\frac{1}{2}$ tablespoon. Lemon juice 1 tablespoon. Spoon in 1 tablespoon cold water. Salt $\frac{3}{4}$ tablespoon. Ice water. Flour 2 cups.

Simmer cherries and sugar till juice begins to thicken. Add gelatin and few grains of nutmeg. Now make pastry shells. Sift flour and salt, work fat in with a knife till mealy, add egg and lemon juice beaten together. Very little water, about 1 tablespoon at a time. Roll in a ball and chill a short time. Divide, roll $\frac{1}{8}$ inch thick and bake over inverted muffin tins to form patty shells. Fill with cherry mixture, cool. Serve with or without whipped cream.

MRS. E. REDMAN.

Cherry Pie.

Flour $1\frac{1}{2}$ cups. Shortening (half butter and half lard) $\frac{1}{2}$ cup. Salt $\frac{1}{2}$ teaspoon. Water (cold). $\frac{1}{2}$ cup.

Rub the shortening into the sifted dry ingredients very lightly with finger tips or knife. Add cold water until of consistency to roll out. Roll out enough to line pie tin with fairly thin crust. Fill with the following mixture:

Red cherries 1 large can. Sugar 3 tablespoons. Eggs 3. Flour 1 level tablespoon. Cinnamon $\frac{1}{2}$ teaspoon. Vanilla 1 teaspoon.

Drain cherries. Beat the whites of 3 eggs until stiff, add the 3 yolks and beat again until well mixed. Mix 1 tablespoon of flour and 3 tablespoons sugar, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon cinnamon. Add this to the egg, also 1 teaspoon vanilla. Mix in the drained cherries last and pour into prepared pie plate. Bake in moderately hot oven until crust is browned nicely. If filling seems to brown too much before crust is done, place a paper so as to cover without touching filling.

MRS. JOHN K. FREDRICKS.

Chocolate Pie.

Sugar $\frac{3}{4}$ cup. Bread flour $\frac{1}{4}$ cup. Egg 1. Milk $1\frac{1}{2}$ cups. Cream $\frac{1}{2}$ cup. Vanilla 1 teaspoon. Pinch of salt.

Scald milk and cream in double boiler, mix dry ingredients, pour milk into this mixture, add beaten egg, mixing thoroughly. Return to dou-

ble boiler and cook for 20 minutes, stirring constantly until it thickens; add vanilla when cool. Pour filling into baked pastry shell. When cool and ready to serve spread sweetened whipped cream on top about $\frac{1}{2}$ inch thick. Grate bitter chocolate over whipped cream, entirely covering it.

MERCEDES GRAEME STEWART.

Cottage Cheese Pie.

Eggs 3. Cottage cheese 3 cups. Pinch of salt. Little cinnamon. Blanched almonds (chopped) $\frac{1}{2}$ cup. Raisins 1 cup.

Beat eggs light, add cottage cheese, salt and cinnamon, almonds and raisins. Make a rich pie dough and put this in a pie tin, add the cheese mixture and sprinkle a little cinnamon and pulverized sugar over the top and bake in a moderate oven.

MRS. J. O. MOELLER.

Cottage Cheese Cake with Zwieback (Tart).

Zwieback 1 package. Sugar 2 cups. Cinnamon $\frac{1}{2}$ teaspoon. Margarine (melted) $\frac{1}{4}$ pound. Eggs (beaten) 2. Cottage cheese 2 cups. Milk 1 cup. Vanilla 1 teaspoon. Mace $\frac{1}{4}$ teaspoon. Flour 2 tablespoons.

Grate zwieback, mix with 1 cup of sugar, teaspoon cinnamon and pour melted margarine over this and mix well. Reserve 1 cup of this mixture. Beat the eggs together, add 1 cup sugar, 2 cups cottage cheese rubbed through a sieve, 1 cup milk, vanilla, mace and flour. Mix well. Spread the zwieback mixture on bottom and sides of buttered shallow cake pan. Pour in cheese mixture and spread remaining zwieback over top. Bake 1 hour in very slow oven.

MRS. ROSE STASTNY.

Cranberry Pie.

Pastry flour 1 cup. Baking powder 1 teaspoon. Sugar 1 tablespoon. Salt $\frac{1}{2}$ tablespoon. Butter, lard or cooking fat (either) $\frac{1}{2}$ cup. Egg 1. Milk $\frac{1}{4}$ cup.

Mix and sift 3 times the flour, cornstarch, baking powder, sugar and salt. Add shortening, using knife to cut into minute particles. Then add egg and milk beaten together, still using knife to mix with. Let stand in icebox 1 hour or more.

Cornstarch 1 level tablespoon. Pinch of salt. Sugar 1 cup. Water 1 cup.

Apricots (soaked overnight and cut fine) 1 cup. Lemon (grated rind and juice) $\frac{1}{2}$.

Cook cranberries, apricots, sugar and water until cranberries pop. Then thicken this mixture with cornstarch, salt and sufficient water to make a thin paste. When cool add rind and juice of lemon. Bake $\frac{1}{2}$ hour in moderate oven.

THEODORE H. MEADER.

Cream and Custard Pie (Zwieback Pie).

Zwieback 1 package. Butter $\frac{1}{2}$ cup. Sugar 1 cup. Cinnamon 1 teaspoon. Milk 2 cups. Eggs 3. Cornstarch 4 level teaspoons.

Roll the zwieback. Melt butter in frying pan. Mix $\frac{1}{2}$ cup sugar with butter and 1 teaspoon cinnamon. Mix this with rolled zwieback. Keep 1 cup of this mixture and with the remainder line buttered deep pie or square cake tin about 9 inches square. Scald the milk, beat the yolks of eggs, add remainder of sugar and cornstarch, then add the milk. Cook until thick. Put custard in lined pan, beat egg whites stiff and spread on top of custard, then sprinkle the cup of zwieback on top and bake 20 to 25 minutes in moderate oven.

MRS. JESSIE M. COKE.

Date Pie.

Flour 1 cup. Water 3 tablespoons. Lard 2 tablespoons.

Chop lard into flour until well worked in and add very cold water slowly until just moist enough to roll.

Dates (chopped) 1 package. Nut meats (chopped) 1 cup. Eggs 4. Sugar $\frac{3}{4}$ cup. Milk 1 cup.

Add 4 egg yolks to dates, nuts, sugar and milk. Pour in unbaked crust and bake 10 minutes at 450 degrees, then reduce heat to 350 degrees and bake for 40 minutes. At the end of 20 minutes remove from oven and top with the stiffly beaten whites of eggs, to which 4 tablespoons of sugar have been added. Return to oven for the remaining 20 minutes.

HELEN F. MICEL.

Dutch Shoofly Cake.

Flour 2 $\frac{1}{2}$ cups. Water (cold) 6 tablespoons. Salt 1 teaspoon. Shortening $\frac{3}{4}$ cup.

Cut the shortening into the flour and salt, then add the cold water by

spoonfuls and mix. Roll out and line 3 tins. Flute the edge of the pastry.

Shortening 1 cup.	Baking soda 1 tea-
Sugar 1 cup.	spoon.
Eggs 2.	Water (lukewarm) 1
Molasses (or light	cup.
syrup) 1 cup.	Flour 3 cups.

Cream sugar and shortening, mix well, add 2 eggs and beat well. Add molasses, then dissolve 1 teaspoon baking soda in lukewarm water and add to mixture. Stir in flour. Pour this batter into the 3 crusts. On top sprinkle crumbs.

Flour 1 cup.	Salt $\frac{1}{2}$ teaspoons.
Sugar $\frac{1}{2}$ cup.	Shortening $\frac{1}{4}$ cup.

Mix together as for making pie crust. Bake in moderate oven, 350 degrees, for 45 minutes.

MRS. H. A. PFAFF.

Fruit Tart.

Egg noodles 1 pack-	Juice of 1 lemon and
age.	grated rind of $\frac{1}{2}$
Prunes 1 pound.	lemon.
Eggs 2.	Cinnamon $\frac{1}{4}$ tea-
Sugar $\frac{1}{4}$ cup.	spoon.

Crust:

Flour (sifted) $1\frac{1}{4}$	Butter $\frac{1}{2}$ cup.
cups.	Salt $\frac{1}{2}$ teaspoon.
Baking powder $\frac{1}{2}$	Water 4 tablespoons.
teaspoon.	

Sauce:

Prune juice 1 cup.	Butter 1 tablespoon.
Sugar $\frac{3}{4}$ cup.	Vanilla 1 teaspoon.
Flour 2 tablespoons.	Rich milk $1\frac{1}{2}$ cups.
Egg 1.	

Cook noodles in boiling salted water and drain well. Cut into small pieces. Cook prunes with cinnamon, cool and stone them. Cut into quarters, mix with the noodles; add sugar, slightly beaten eggs, lemon juice and rind. Mix well. Roll dough thin, cut into squares and place 1 heaping tablespoon of noodles-prune mixture in center of each square. Pinch corners of dough together over filling. Bake in hot oven, 375 degrees, for 30 minutes. For the sauce mix sugar and flour and stir into milk, cook until it thickens. Beat egg and add it to prune juice, then add this to thickened milk, then add butter and vanilla.

MRS. D. JULIAN BLOCK.

Fruit Pie (Tart).

Flour 1 cup.	Apples (medium size)
Fat $\frac{1}{2}$ cup.	$1\frac{1}{2}$.
Margarine or but-	Brown sugar $\frac{3}{4}$ cup.
ter $\frac{1}{4}$ pound.	Ground whole spice
Salt $\frac{1}{4}$ teaspoon.	$\frac{1}{2}$ teaspoon.
Water $\frac{1}{2}$ cup.	Bread crumbs $\frac{1}{2}$ cup.
Currants $\frac{1}{2}$ pound.	Cinnamon $\frac{1}{2}$ tea-
White raisins $\frac{1}{4}$	spoon.
pound.	

Sift flour and salt into bowl. Rub

fat into flour, then mix with water and roll out on floured board. Cut margarine into small pieces and fold into paste until margarine is all used up. Keep paste in a cool place 2 or 3 hours before using. Peel and cut apples into small pieces. Boil with currants, raisins, sugar and spices until apples are in pulp. Pour into dish and leave until cool. If the filling is juicy add some bread crumbs in order to make it more firm. Roll paste out very thin and line square tin. Spread filling about $\frac{1}{2}$ inch thick. Cover this with another thin layer of paste. Brush over with egg. Bake in hot oven until brown. Remove from oven and sprinkle with fine granulated sugar.

MRS. J. McCOMB.

Gelatin Filling.

Flour 1 cup.	Speck salt and bak-
Lard $\frac{1}{2}$ cup.	ing powder (1-16
Butter 1 tablespoon.	teaspoon).

Mix and sift dry ingredients, then cut in shortening with knife. Roll out into sheet, cover with 1 tablespoon butter cut in bits. Fold dough over shortening and roll out. Repeat 3 times, chilling if necessary between rollings. Last time place on bottom of pie tin or on bottom of muffin tins. Perforate with a fork and bake in a hot oven until delicate brown.

Mixed fruits 1 No.	Whipping cream 1
$2\frac{1}{2}$ can.	cup.
Gelatin 1 tablespoon.	

Drain the fruit, remove the cherries and cut up rest of fruit into $\frac{1}{2}$ cubes. Soak gelatin into juice drained from fruit, then heat gently over hot water until gelatin has dissolved. Cool. When beginning to thicken add fruit cubes, then fold into the cream which has been beaten stiff. Put cream mixture into pastry shells. Place a spoon or rosette of whipped cream on each, then a cherry for each serving.

MRS. FRANK A. POLLOCK.

Graham Cracker Pie.

Graham crackers	Pinch of salt.
14.	Vanilla 1 teaspoon.
Butter (melted) $\frac{1}{4}$	Eggs 2.
pound.	Cornstarch 2 table-
Whole milk $1\frac{1}{2}$	spoons.
cups.	Granulated sugar 3
Sugar $\frac{1}{2}$ cup.	tablespoons.

Roll graham crackers until thoroughly crumbed. Pour over and stir

in well the melted butter. Cover the bottom of a pie tin with the mixture, pushing well up on the sides, saving part of the crackers. Place in 300-degree oven while preparing the following: Scald the milk, add sugar, pinch of salt, 1 teaspoon vanilla and egg yolks. Stir the cornstarch in a little cold water and add to above mixture until thick. Pour on to the graham crackers and top with a meringue made from the 2 egg whites beaten stiff with 3 tablespoons granulated sugar. Sprinkle the meringue with remaining cracker crumbs and bake until meringue is golden brown. Cool before serving.

JANE ANN FANSLER.

Grape Pie.

Concord grapes 1 quart.
Sugar $\frac{3}{4}$ cup. White seedless grapes 1 cup.

Cook Concord grapes until soft in small amount water, rub through coarse strainer (have 2 cups puree). Cook white grapes. Put 2 cups Concord grapes and white grapes into pan, add sugar, bring to boil, cover with the following dough and bake 20 minutes in moderate oven.

Flat 7 level table-
spoons. Water 5 tablespoons.
Salt 1 teaspoon.

Work flour in the above until a stiff dough is formed. Roll out $\frac{1}{4}$ inch thick. Let crust hang over edge of pan.

MRS. MATTIE O'BANION.

Kolacky (Frozen Tarts).

Sweet butter $\frac{1}{2}$ pound. Flour about $2\frac{1}{2}$ cups.
Yeast cake 1. Egg yolks 3.
Sugar 1 teaspoon. Sweet cream $\frac{1}{2}$ cup.
Salt $\frac{1}{8}$ teaspoon.

1. Mix the butter with 1 cup of flour and set aside.

2. Raise the yeast with the sugar and a little cream. To this add well-beaten egg yolks, salt and cream, and enough flour to handle, about $1\frac{1}{2}$ cups or more.

Roll out second dough, put first dough in center, fold second dough over first and roll out. Do this until all of first dough is used up, about 5 or 6 times. Wrap into a cloth dipped into cold water and wrung dry, put into a bowl in a cold place or icebox overnight. Next day roll out $\frac{1}{2}$ inch thick, cut in small rounds and let rise; do not grease pan. When

risen double, make a dent in center and fill with prune and apricot jam. Bake in hot oven 15 minutes.

MRS. SOPHIA B. POSVIC.

Lemon Cream Pie.

Flour (sifted) $1\frac{1}{2}$ cups. Salt $\frac{1}{2}$ level teaspoon.
Baking powder $\frac{1}{2}$ level teaspoon. Shortening (cold) $\frac{1}{2}$ cup.
Water (cold).

Sift together the dry ingredients. Work in the shortening with a knife or spatula. Moisten to a dough with cold water. Put lightly on floured board and roll to thickness desired.

White sugar 1 cup. Butter 1 tablespoon.
Water 1 cup. Cornstarch 2 table-
spoons.
Juice and rind of 1 lemon.

Boil water, sugar, butter and a pinch of salt a few minutes. Dissolve cornstarch in a little cold water, add this to the boiling water and sugar and stir until thick as custard. Put lemon juice and grated rind in custard. Add the yolks of 2 eggs, beat until well mixed. Bake the crust first, then put in the filling. Beat the whites of eggs with 2 tablespoons sugar. Put on top of pies. Brown in low oven.

MRS. ANNA KECK.

Molasses Pie.

Granulated sugar 1 cup. Dark sirup 1 cup.
Eggs 3. Butter 2 tablespoons.
Pecan nuts 1 cup. Salt $\frac{1}{8}$ teaspoon.

Boil sirup 3 minutes. Beat eggs with sugar until light, add hot sirup. Line unbaked pastry with pecans, bake in hot oven, 400 degrees, for 10 minutes, then reduce heat to about 325 degrees and bake 40 minutes or until firm. Serve either plain or with whipped cream.

MRS. RICHARD T. MARTIN.

Orange Pie.

Sugar 1 cup. Salt $\frac{1}{4}$ teaspoon.
Orange rind (grated) 1. Orange juice 1 cup.
Juice of $\frac{1}{2}$ lemon. Butter 2 tablespoons.
Egg yolks 3.

Mix sugar, flour, salt and grated rind; add fruit juice and cook in double boiler 10 minutes, stirring until thickened and afterward occasionally. Add butter and egg yolks beaten light, and cook 2 minutes and cool. Meringue:

Sugar 5 level table-
spoons. Egg whites 3.

Put orange mixture in a pastry crust and cover with meringue and

bake in moderate oven until delicately browned. MRS. ROSE ROWE.

Peach Butterscotch Pie.

Raspberry jam $\frac{1}{4}$ Almonds $\frac{1}{4}$ cup.
cup. Sugar (for sirup) $\frac{1}{2}$
Peaches 1 can. cup.

Bake in a rich crust in a hot oven, 375 degrees, for 12 minutes. After crust is cooled line with halves of peaches. In either case, whether you use canned or fresh peaches, glaze them first in heavy sugar sirup. Cool before placing in pie. Fill cavities of peaches with raspberry jam and shredded almonds. (Make sirup with sugar and peach juice to glaze the peaches.)

White sugar 1 cup. Pinch of salt.
Butter 2 large ta- Water (boiling) or
blespoons. cream $\frac{1}{4}$ cup.

Melt sugar with butter and salt. Stir and melt until clear over low fire. Add water or cream. Cook smooth about 5 minutes. It will be quite thick. Cool before pouring over peaches. Save half of sauce for circle. Cover entire pie with whipped cream slightly decorated. Sprinkle with

Mix $\frac{3}{4}$ cup sugar and cornstarch,
MRS. W. D. ALDEN.

Pineapple Pie.

Sugar $\frac{3}{4}$ cup. Water (cold) $\frac{1}{2}$ cup.
Cornstarch 3 level Eggs 2.
tablespoons. Butter 1 teaspoon.
Crushed pineapple 1 Sugar 4 tablespoons.
No. 2 can.

Mix $\frac{3}{4}$ cup sugar and cornstarch, add cold water and pineapple. Cook over boiling water for 15 minutes (until clear) stirring occasionally. Pour it over the 2 egg yolks and butter. Return to cooking pan and cook 2 or 3 minutes more, still over boiling water. Pour into previously baked pastry shell and cover with meringue made of 2 egg whites and 4 tablespoons sugar. Let it brown in slow oven.

MRS. CARL H. RUETHER.

Pineapple Tart.

Butter 1 cup. Flour 2 cups.
Sugar 2 tablespoons.

Mix above ingredients with fingers until creamy; line 1-inch torte form bottom and sides with this dough. Bake in a moderate oven until light brown.

Crushed pineapple 1 Cornstarch (dissolved
can. in a little water)
Sugar $\frac{1}{4}$ cup. 2 tablespoons.

Cook in double boiler until thick;

when cool add 4 beaten egg whites and 1 cup coconut. Pour this filling in lining dough and bake in a very slow oven about 20 minutes until firm. Serve with whipped cream.

MRS. I. GOLDSMITH.

Pumpkin Pie.

Flour $1\frac{1}{2}$ cups. Lard 5 level table-
Salt $\frac{1}{2}$ teaspoon. spoons.
Water (cold).

Mix salt with flour. Cut in lard and add enough cold water to make a stiff paste. Roll $\frac{1}{4}$ -inch thick and line pie pan. Flute high at edges.

Strained pumpkin White sugar 2 ta-
(canned) $1\frac{3}{4}$ cups. blespoons.
Brown sugar $\frac{1}{2}$ cup. Cinnamon 1 teaspoon.
Molasses 2 table- Ginger $\frac{1}{4}$ teaspoon.
spoons. Salt $\frac{1}{2}$ teaspoon.

Mix all, make a well in center and add 2 eggs and beat while adding $1\frac{1}{2}$ cups milk. Mix thoroughly and put in pan lined with pastry. Bake in hot oven, 425 degrees, for 10 minutes, reducing heat to 375 degrees and bake 60 minutes longer. Serve with whipped cream or sprinkle grated cheese on top and toast cheese in broiler just before serving.

MRS. A. M. DANIELS.

Sweet Potato Pie.

Flour $\frac{3}{4}$ cup. Salt $\frac{1}{2}$ teaspoon.
Solid shortening $\frac{1}{4}$ Water 2 tablespoons.
cup.

Filling:

Sweet potatoes Nutmeg $\frac{1}{4}$ teaspoon.
(cooked, mashed) Eggs 2.
2 cups. Butter 4 tablespoons.
Granulated sugar $\frac{1}{2}$ Cinnamon $\frac{1}{4}$ teaspoon.
cup. Seeded raisins $\frac{1}{4}$ cup.
Salt $\frac{1}{4}$ teaspoon. Milk 2 cups.

Measure sweet potatoes into bowl, beat, then add sugar, salt, butter, cinnamon and nutmeg, stirring well. Then add the raisins, eggs (well beaten) and the milk. Pour into a well-lined pie tin and bake in a moderate oven, 350 degrees, until firm, about 1 hour. When pie is cold spread sweetened whipped cream over the top and sprinkle with pecan meats.

MRS. MARIE KREML.

Pie Crust.

Flour 1 cup. Lard 2 tablespoons.
Salt $\frac{1}{4}$ teaspoon. Water 2 tablespoons.

Sift flour and salt and cut lard into it, then add the water (use ice water if possible).

ENID M. HOSKINS.

Sour Cream Raisin Pie.

Sour milk or cream 1 cup.	Egg yolks 3.
Sugar 1 cup.	Cinnamon $\frac{1}{2}$ teaspoon.
Seedless raisins (ground) 1 cup.	Nutmeg $\frac{1}{8}$ teaspoon.
	Cloves $\frac{1}{8}$ teaspoon.
	Pie shell 1.

Put raisins through meat chopper, beat egg yolks and then combine all ingredients. Mix and pour into unbaked pie shell. Bake in slow oven, 350 degrees, for 30 minutes. Cover with meringue and return to oven to brown 20 minutes. Serve cold. Beat 3 egg whites until stiff, add 6 tablespoons sugar and $\frac{1}{2}$ teaspoon vanilla extract for meringue.

MRS. L. P. BUDD.

Raisin Pie.**Filling:**

Raisins (chopped) 1 cup.	Juice and rind of 1 lemon.
Sugar 1 cup.	Cornstarch 1 teaspoon.
Water 1 cup.	

Boil the above filling 10 minutes. If double crust is desired top can be strips of paste sugared, buttered and sprinkled with cinnamon. Bake 45 minutes in oven about 400 degrees.

VIOLA EICHEMBERGER.

TORTES.**Almond Torte.**

Butter 1 cup.	Egg whites 4.
Sugar 1 cup.	Almonds (chopped) $\frac{1}{2}$ pound.
Yolks of eggs 4.	
Flour 1 cup.	

Cream butter, add sugar, then yolks, nuts and flour. Last add stiffly beaten egg whites. Bake in moderate oven. Decorate with chocolate icing and place pieces of fruit on top, or just sprinkle with powdered sugar.

ANGELINE PAWLOWSKI.

Torte Blitz, Pineapple Filling.

Butter $\frac{1}{2}$ cup.	Baking powder $1\frac{1}{2}$ teaspoons.
Sugar $\frac{1}{2}$ cup.	Vanilla $\frac{1}{2}$ teaspoon.
Egg yolks 4.	Salt $\frac{1}{8}$ teaspoon.
Milk 3 tablespoons.	
Flour 1 cup.	

Topping:

Egg whites 4.	Nuts (finely chopped) $\frac{1}{4}$ cup.
Sugar $\frac{3}{4}$ cup.	
Vanilla 1 teaspoon.	

Cream butter and sugar together. Add egg yolks to this, beaten until light. Add the sifted dry ingredients alternately with the milk. Beat well, add the vanilla and spread the batter in 2 greased cake tins. Beat the egg whites, add the sugar and vanilla. Spread over the mixture in the 2 cake

tins. Sprinkle the nuts over the top and bake in a slow oven for 50 minutes. When cool turn one layer down on pineapple and place the second layer on top with the frosting side up. Jam or a thick custard may be used instead of the whipped cream filling.

MRS. MARY V. BURNS.

Blitz Torte.

Flour 1 cup.	Powdered sugar $1\frac{3}{4}$ cups.
Eggs 4.	Blanched almonds (chopped) $\frac{1}{2}$ cup.
Baking powder 1 teaspoon.	Granulated sugar 2 tablespoons.
Salt $\frac{1}{4}$ teaspoon.	Milk 3 tablespoons.
Vanilla 1 teaspoon.	
Butter or substitute $\frac{1}{4}$ cup.	

Cream shortening. Add $\frac{3}{4}$ cup powdered sugar, well beaten egg yolks, and vanilla. Sift the flour, measure and sift again with salt and baking powder mixed in. Add alternately with the milk. Spread in 2 thin layers in well greased and floured cake tins. Make meringue by beating egg whites stiff, add remaining cup powdered sugar. Spread half on each layer, sprinkle chopped almonds and 2 tablespoons granulated sugar over meringue on each layer and bake in moderate oven, 325 degrees, for 35 minutes. After taking cake from oven allow to cool gradually before removing from pans, remove to serving plate, put layers together with a lemon custard between, keeping meringue surface on top. Serve with whipped cream.

MISS CAROL KRUG.

Cottage Cheese Torte with Graham Crackers.

Sugar 1 cup.	Vanilla $\frac{1}{2}$ teaspoon.
Cottage cheese 2 pounds.	Flour 4 tablespoons.
Eggs (beaten separately) 4.	Cream $\frac{1}{2}$ pint.
	Nutmeg $\frac{1}{2}$ teaspoon.

Mix flour, sugar, nutmeg; add cheese, cream and egg yolks and beat all together, then beat egg whites and add to mixture.

Butter (melted) $\frac{1}{2}$ cup.	Cinnamon 1 teaspoon.
	Sugar 1 cup.

Roll graham crackers fine, add sugar, cinnamon and butter, work in with a fork. Then take an icebox pan and put in layer of graham crackers, then put all cheese mixture in and add rest of crackers. Bake 1 hour in 350-degree oven.

MRS. HICKS.

Bread-Crumb Torte.

Bread crumbs $1\frac{1}{2}$ cups. Sugar 4 tablespoons.
 Honey 3 tablespoons. Walnuts (ground) $\frac{1}{2}$ cup.
 Nutmeg $\frac{1}{4}$ table- spoon. Water 2 tablespoons.
 Lemon rind (grated) Cloves $\frac{3}{4}$ tablespoon.
 Cinnamon $\frac{1}{4}$ table- spoon.

Heat water, honey and sugar. Add dry ingredients and stir well.

Butter 1 cup. Milk $\frac{1}{2}$ cup or little less.
 Vanilla 1 teaspoon. Sugar $\frac{1}{4}$ cup.
 Flour $1\frac{3}{4}$ cups.

Rub flour and butter well. Add sugar, vanilla and milk. Make a dough stiff enough to roll out, about $\frac{1}{4}$ inch thick. Put on a cookie sheet 7 by 10 inches. Spread the filling with knife, roll out remaining dough very thin and cut in $\frac{1}{4}$ -inch strips and put on top of filling crosswise. Bake for 35 minutes at 350 degrees. When cool cut in squares. Sprinkle with powdered sugar. This torte must stand 24 hours before serving.

MRS. HELEN M. WHITEHURST.

Carrot Torte.

Carrots (raw) $\frac{1}{2}$ Eggs 6.
 pound. White sugar 1 cup.
 Baking powder $\frac{1}{2}$ Almonds 1 pound.
 teaspoon. Pinch of salt.

Beat yolks of eggs well, add sugar, carrots which have been ground twice through meat chopper, almonds blanched but not ground, baking powder, salt and whites of eggs beaten stiff. Bake in greased angel food or torte tin 1 hour slowly. Serve cold or hot with lemon sauce and whipped cream.

Sugar 1 cup. Juice and grated rind of 1 lemon.
 Salt. Water (boiling) 1 cup.
 Egg (well beaten) 1. Flour 2 tablespoons.

Stir flour and sugar, add lemon to egg, add to sugar, add boiling water and cook in double boiler until thick. Add 1 large spoon of butter, stir until melted, then cool before serving on torte.

DOROTHY REED.

Chocolate Cake Torte.

Sugar 2 cups. Yeast cake dissolved
 Chocolate (grated) in $\frac{1}{4}$ cup lukewarm
 $\frac{3}{4}$ cup. water.
 Pecan meats (bro- Soda 1 teaspoon dis-
 ken) 1 cup. solved in 3 table-
 Pastry flour 3 scant spoons hot water.
 cups. Sweet milk 1 cup.
 Butter 1 scant cup. Eggs (well beaten) 3.

Cream butter and sugar well together, add chocolate melted over hot water, then add eggs, milk, nuts, yeast, flour and let stand in warm place overnight. In the morning add

soda and bake in 3 9-inch tins in 375-degree oven from 20 to 35 minutes.

Melt together in double boiler $\frac{1}{2}$ pound marshmallows, $1\frac{1}{2}$ squares chocolate, butter size of an egg, for the icing. Then mix in powdered sugar and cream to the desired amount and consistency.

MRS. B. H. WILSON.

Date Torte.

Flour 5 tablespoons. Sugar $\frac{3}{4}$ cup.
 Baking power 2 tea- Vanilla 1 teaspoon.
 spoons. Eggs (unbeaten) 3.
 Dates (chopped) 1 Candied pineapple
 pound. and cherries mixed
 Walnut meats 1 cup.
 (chopped) 1 pound.

Sift flour and then measure. Sift again with baking powder, add dates, sugar, vanilla, fruit and 3 unbeaten eggs. Stir and pour into buttered shallow pan. Bake in moderate oven, 325 degrees, for 45 minutes. Remove from pan as soon as cake is taken from the oven. To serve, cut in squares and sprinkle with powdered sugar, or cover with whipped cream.

ESTHER F. NELSON.

Date Torte.

Eggs (beaten sep- Sugar 1 cup.
 arately) 3. Baking powder, 1 tea-
 Cracker crumbs 3 spoon.
 tablespoons. English walnuts
 Dates (cut up) 1 (chopped) 1 cup.
 pound.

Add sugar to yolks of eggs, beat, then fold in whites of eggs, crumbs and remaining ingredients. Beat well and bake in buttered pan in hot water about one hour in moderate oven. Serve warm or cold with whipped cream.

MRS. KATHRYN SMITH.

Date Torte, Fancy.

Eggs 2. Bananas 4.
 Sugar 1 cup. Lemon 1.
 Flour 2 tablespoons. Oranges $1\frac{1}{2}$.
 Dates 1 package. Cream (whipped) $\frac{1}{2}$
 Walnut meats pint.
 (chopped fine) 1 Cherries 1 bottle.
 cup.

Beat the yolks of eggs, add the sugar and beat, then add the flour, dates and nuts. Mix all thoroughly, then add the stiffly beaten whites of eggs. Bake in a moderate oven, 350 degrees, for 25 minutes. Slice 4 bananas into lemon and orange juice. Soak 3 hours. Break cake into fruit mixture and allow to stand several hours. Serve with whipped cream and cherries. MRS. CLAIRE HECKEL.

Fruit Torte.

Eggs 2.	Sugar 1 cup.
Seedless raisins ¼ cup.	Walnut meats 1 scant cup.
Vanilla 1 teaspoon.	Flour 2 tablespoons.
Baking powder 1 teaspoon.	Apple (peeled, sliced thin) 1.

Beat eggs with sugar, add raisins, nut meats broken into small pieces and remaining ingredients. Stir just enough to mix. Bake in greased muffin or square pan 30 to 35 minutes in moderate oven. Serve with whipped cream.

MRS. C. S. SIMPSON.

Fruit Torte with Cooky Dough.

Flour 1½ cups.	Baking powder 2 teaspoons.
Sugar 2 level table-spoons.	Shortening 2 table-spoons.
Lemon extract 1 teaspoon.	Milk ½ cup.
Egg 1.	Flour (roll out) ½ cup.
Salt ½ teaspoon.	

Mix ingredients with the shortening, beat eggs and milk together, add lemon extract, stir lightly together and roll dough on board which has been sprinkled with flour. Use ½ cup to roll about ¼ inch in thickness. Fit in greased pan with the dough set up on edge. Fill with fresh California prunes, cut in quarters lengthwise, set one by one upon pan until filled. Sprinkle about ½ cup sugar on top and a few grated bread crumbs. Bake 20 minutes in moderate oven.

MRS. L. KESSLER.

Fruit Cake Torte.

Flour 2 quarts.	Butter (softened) ½ pound.
Milk 1 pint.	Raisins ½ pound.
Salt 1 teaspoon.	Citron if desired.
Yeast 2 cakes.	Grated rind of lemon 1.
Sugar 1 cup.	
Eggs 3.	

Set yeast with lukewarm milk and stir in 1 cup flour. Let stand in warm place to rise. Cream butter with sugar, add eggs one at a time and beat well. Add lemon rind, combine the two mixtures, add remaining flour and knead until smooth and elastic. Sprinkle a little flour over fruits and add to dough. Let rise until double its bulk. Toss on floured board, divide into 3 loaves and roll out slightly. Spread a little melted butter over it and fold over double into a long loaf. Put into a greased pan and let rise till double its bulk, brush with melted butter and sprinkle sugar over it

and bake in a moderate oven, about 350 degrees, for about 45 minutes (until browned).

MRS. MOREY L. EICHMAN.

Graham Nut Torte.

Eggs 5.	Granulated sugar 1 cup.
Nuts (ground) 2 cups.	Graham crackers (rolled fine) 1 cup.
Pinch of salt.	Vanilla 1 teaspoon.
Baking powder 2 teaspoons.	

Add sugar to beaten yolks of eggs, add baking powder mixed with crumbs, nuts and whites of eggs beaten stiff. Add vanilla. Bake in 2 layers in a moderate oven, 300 degrees, for 20 minutes.

Sweet milk 1 cup.	Granulated sugar ½ cup.
Graham cracker crumbs ½ cup.	Butter 2 tablespoons.

Boil until thick, cool, and then add ½ cup of walnuts chopped and vanilla.

MRS. HOWARD COLBURN.

Macaroon Torte.

Bread flour ¾ cup.	Cornstarch (moistened in a little cold milk) 3 level tablespoons.
Baking powder ¼ teaspoon.	Egg yolks (beaten) 3.
Lard ¼ cup.	Vanilla 1 teaspoon.
Butter 3 tablespoons.	Almond macaroons 12.
Salt ½ teaspoon.	Egg whites 3.
Milk ¾ cups.	Sugar 4 tablespoons.
Sugar ¾ cup.	

Sift the flour with baking powder and mix with ¼ cup lard, 2 tablespoons butter and salt. Mix and take out 1 tablespoon of mixture to add to tablespoons of flour for the board. Add a little cold water to mixture in bowl, handling lightly. Roll out with floured roller. Put crust in deep tin, perforate. Put in hot oven and bake to pale golden color. Scald milk, add ¾ cup sugar, cornstarch and cold milk, 3 beaten egg yolks, vanilla, remaining butter. Cook 5 minutes in double boiler to prevent taste of raw starch. When crust is taken from oven crumb into it 6 almond macaroons. Before turning into the custard make meringue:

Turn ice-cold whites of 3 eggs on platter. Beat whites. When light and dry add 1 tablespoon sugar. Continue beating until meringue thickens again. Add another tablespoon sugar and again beat until very thick and smooth. Turn custard over crumbed macaroons and break up remaining 6 over custard. Add to pie. Spread and smooth with knife, without thin-

ning meringue at edge of pie. Sprinkle over it 2 tablespoons sugar, put into very slow oven for about 20 minutes.

HELEN BAKER PARKER.

Mille Feuilles.

Roll puff paste thin, cut in 3 circles 6 inches in diameter, perforate and bake. Spread first layer with coconut cream, cover with second piece of pastry; spread with raspberry jam and cover with third piece of pastry. Spread outside with coconut cream and cover cream generously with nut brittle. Spread top with white frosting and decorate with 5 chocolate caramels melted, diluted with 1 tablespoon hot water. A paper pastry bag should be used, but is not absolutely necessary.

Butter $\frac{3}{4}$ cup. Ice water $\frac{5}{8}$ cup.
Bread flour $1\frac{1}{2}$ cups.

Wash butter, reserve 1 tablespoon and put remainder in pan between two pans of ice—electric refrigerator may be used if cold enough. Work the reserved butter into flour, mix to a dough with the ice water, knead 5 minutes, cover and let stand 5 minutes. Pat and roll $\frac{1}{4}$ -inch thick, place butter in center of one side of pastry, fold other side over butter, press edges. Fold one end of pastry over butter, press edges. Roll, fold in 3 layers and roll. Repeat 4 times, chill when necessary and fold the last time in 4 layers. Chill and bake 20 to 25 minutes in oven 400 degrees.

Powdered sugar $\frac{2}{3}$ cup. Egg yolks 3.
Milk (scalded) 1 cup. Salt $\frac{1}{4}$ teaspoon.
Egg 1. Coconut paste 2 tablespoons.
Butter 2 tablespoons. Lemon extract $\frac{1}{2}$ tea-
Vanilla $\frac{2}{3}$ teaspoon. spoon.
Flour $\frac{1}{3}$ cup.

Mix sugar and flour; add milk gradually and cook over hot water 15 minutes, stirring constantly until the mixture thickens, then occasionally. Add yolks and whole egg slightly beaten, and salt, and coconut paste softened. Stir and cook 2 minutes. Remove from fire and add other ingredients. Use cold.

Almonds $\frac{1}{3}$ cup. Sugar $\frac{1}{3}$ cup.

Blanch and chop almonds. Put into small omelet pan with sugar and

place on fire. Stir constantly until sugar is well caramelized. Turn into slightly buttered pan, cool and roll until very fine.

MRS. M. L. FULLER.

Pineapple Torte.

Zwieback 1 package.	Salt $\frac{1}{4}$ teaspoon.	
Sugar 1 cup.	Butter (melted) $\frac{1}{2}$	
Flour 2 tablespoons.	cup.	
Pineapple juice 1 cup.	Sugar $\frac{3}{4}$ cup.	
Milk $\frac{1}{3}$ cup.	Pineapple pulp 1 cup.	
Salt $\frac{1}{4}$ teaspoon.	Egg yolks 3, beaten	
Egg whites (beaten	with 1 egg white.	
stiff) 2.	Butter $\frac{1}{2}$ teaspoon.	
Cornstarch 2 table-	Sugar 4 tablespoons.	
spoons.		

Mix zwieback with butter and sugar and line cake pan with mixture, leaving one cup for the top. Combine flour, cornstarch, sugar and salt in a pan. Add juice and milk. Cook until thickened, stirring constantly. Pour small amount of mixture over beaten yolks and return to pan, stirring some more. Add butter and pulp and cook 5 minutes. Cool and pour into cake shell. Fold sugar into egg whites and pile lightly on filling. Sprinkle cup of crumbs on top and bake in slow oven 12 minutes or until delicate brown.

MRS. BERNARD PALMQUIST.

Strawberry Kiss Cake.

Egg whites 2. Pinch of salt.
Sugar (sifted) 1 cup.

Beat whites of eggs very stiffly, add sugar and salt. Continue to beat mixture until all is one, and bake in a tin lined with paper for 45 minutes at least. Have oven very cool and keep it so in order that the egg and sugar will not melt. When baked remove from paper as soon as cool and place on a platter. Over this spread a box of strawberries crushed with sugar and over all pour $\frac{1}{2}$ pint whipped cream.

MRS. J. DOBINS.

Torte.

Butter $\frac{1}{2}$ pound.	Lemon rind grated 1.
Sugar 1 cup.	Baking powder 1 tea-
Eggs 5.	spoon.
Cake flour 2 cups.	

Stir butter and sugar to a cream. Beat the egg yolks well, then mix with the butter and sugar, adding the grated lemon rind. Next add the flour and baking powder sifted to-

gether and last fold in the beaten egg white. Bake in a moderate oven 45 minutes. Needs no frosting.

MRS. ALAM JAHN.

Torte Supreme.

Egg whites 6. Sugar 1 cup.
Vinegar 1 tablespoon. Vanilla 1 teaspoon.

Beat egg whites stiff, add sugar and again beat stiff. Add vinegar and vanilla and beat again. Bake in a slow oven in a large greased cake tin for 1 hour. Serve cold with fresh fruit.

SELMA LISS.

Whipped Cream Torte.

Egg whites 7. Granulated sugar 2 cups.
Cream of tartar $\frac{1}{2}$ cups.
teaspoon.

Beat egg whites till stiff with cream of tartar. Fold in the sugar that has been sifted 4 times. Bake in 2 layers $\frac{1}{2}$ hour. When cold frost with 1 pint whipping cream as in a layer cake. Serve after 6 hours. Fruit also may be used between layers.

MRS. ANNA BORGE.

Zwieback and Cheese Torte.

Cottage cheese $1\frac{1}{2}$ pounds. Lemon $\frac{1}{2}$ juice and rind.
Eggs 3. Sour cream 2 table-
Sugar 1 cup. spoons.

Mix egg yolks, cottage cheese, sugar, sour cream and lemon. Mix and strain through colander, then fold in stiffly beaten egg whites.

Flour $\frac{1}{4}$ cup. Cinnamon 1 teaspoon.
Zwieback 1 package. Butter (melted) $\frac{1}{2}$ cup.
Sugar 1 cup.

Roll zwieback fine, mix the ingredients mentioned below and set aside 1 cup of this to sprinkle over the top. Butter a 9-inch spring form pan and line it with the balance. Then pour the strained mixture into the zwieback-lined form and cover the top with that one cup set aside. Bake in a moderate oven 1 hour. Turn off heat and let stand in oven until cool, remove the sides of the pan and the cake can be served from the bottom of the pan placed on a cake plate.

MRS. DOROTHY S. KAHN.

Zwieback Torte.

Zwieback (rolled Butter (melted) $\frac{1}{2}$ fine) 1 box. cup.
Dash of cinnamon. Sugar $\frac{1}{4}$ cup.

Save $\frac{1}{2}$ cup crumbs for top and

press remaining crumbs on bottom of pan, then cover with following custard:

Egg yolks 4. Milk 2 cups.
Sugar $\frac{1}{2}$ cup. Cornstarch 1 table-
Vanilla $\frac{1}{2}$ teaspoon. spoon.

Cook all together and put over crumbs.

Egg whites 4. Sugar 3 tablespoons.
Vanilla $\frac{1}{2}$ teaspoon.

Beat eggs stiff, add sugar, then vanilla. Spread on torte, sprinkle crumbs on top and bake $\frac{1}{2}$ hour in slow oven.

MRS. H. L. WEINERT.

Cheese Blitze.

Eggs 2. Flour (sifted) 2 cups.
Water 2 cups. Salt 1 teaspoon.
Butter. Lemon juice.
Powdered sugar.

Make a smooth batter by combining flour and salt to beaten eggs, add water. Pour this gradually over dry ingredients, blending and making into a smooth batter. Put 2 tablespoons batter on hot greased frying pan. Turn out to cool, when just set. Cook on one side.

Cottage cheese 1 Sugar 2 tablespoons.
pound. White raisins
Nuts (chopped) 2 (chopped) 4 table-
tablespoons. spoons.

Mix the above. Put two tablespoons of mixture on one end of pancake. Roll carefully, tuck in the ends to prevent mixture from oozing out. Fry to delicate brown, remove carefully and sprinkle with powdered sugar and lemon juice. Serve hot.

MRS. L. FAUBERT.

Creme Suzettes.

Flour $\frac{1}{2}$ cup. Baking powder 1 tea-
Salt $\frac{1}{4}$ tablespoon. spoon.
Milk 1 cup. Egg 1.
Bar le duc jelly. Cream $\frac{1}{4}$ cup.
Powdered sugar.

Mix and sift flour, baking powder and salt. Add eggs which have been beaten with the milk and cream until perfectly smooth. Heat a small frying pan, cover bottom with melted butter and pour in just enough batter to cover the bottom. Bake until brown on both sides. Remove to plate and spread with jelly, roll and brush with powdered sugar. Serve hot.

POULTRY AND GAME

CHICKEN.

Chicken with Almond Sauce.

Chicken (stewing) 1. Almonds (peeled) $\frac{1}{2}$ cup.
Onion (large) 1. cup.
Salt and pepper to taste. White bread $\frac{1}{2}$ -inch slice.
Parsley.

Cut up chicken and stew for 30 to 40 minutes. In the meantime fry the almonds, bread and onion light brown, then put through the food chopper with the parsley. Add to chicken and let all boil over low fire for 15 minutes.

MRS. SUSI CHABRAND.

Baked Chicken.

Hen (fat, about 4 pounds) 1.

Dumplings:

Flour 2 cups. Lard 3 tablespoons.
Baking powder 4 Egg 1.
teaspoons. Milk $\frac{3}{4}$ cup.
Salt 1 teaspoon.

Dressing:

Bread crumbs (soft) 3 cups. Onion (minced) 1.
Salt 1 teaspoon. Egg 1.
Dash of pepper. Chicken broth (hot) 1 cup.
Sage 1 teaspoon.

Rub the chicken with salt and pepper. Leave it whole and place in roaster with 3 tablespoons lard. Place in oven 450 degrees and turn often until brown. Add water to fill roaster $\frac{3}{4}$ full and reduce heat to 350 degrees. Add more water from time to time. Turn chicken often. Add giblets to water in pan. After 2 hours place chicken in second baking pan. Pour a cup of hot broth over dressing and put with chicken, add second cup broth and cook dressing. Bring remainder of broth to boil. Place dumplings cut with small biscuit cutter in hot broth which is boiling slowly. Cover pan tightly for 20 minutes and cook.

MRS. SADI S. McKEE.

Blanketed Chicken.

Chicken (young) 1. Bacon 5 slices.
Eggs 1 or 2. Salted crackers 1 box.
Flour 2 tablespoons. Salt, seasoning to
Head lettuce and taste.
parsley leaves.

Clean, singe and cut the chicken into pieces convenient for serving. Wash each piece under running water. Beat the egg and roll out crackers. Dip chicken in egg, then in cracker crumbs. Put about one inch of wa-

ter in roasting pan and put in chicken, placing the tougher parts at the bottom. Cover with strips of bacon. Bake in moderate oven about $1\frac{1}{2}$ hours or more, until tender.

MRS. GLENN BLOMQUIST.

Boo Loo Gai.

Chicken (young, 3 Lard 1 tablespoon.
to 4 pounds) 1. Sliced pineapple 1 No.
Worcestershire sauce 2 can.
1 tablespoon.

Singe and wash chicken and cut off all flesh. Slice in pieces convenient for serving. Heat lard in frying pan, but do not burn it. Add chicken, well seasoned with salt and pepper, and fry until well cooked and brown (35 minutes). Add Worcestershire sauce and pineapple, cut into small pieces, and cook slowly 15 minutes longer. Remove chicken and pineapple to hot platter. Thicken gravy with 1 teaspoon cornstarch and pour over chicken.

MRS. FREDERICK F. KNOEHEL.

Braised Chicken.

Chicken ($3\frac{1}{2}$ -pound) Celery 1 stalk.
1. Flour $\frac{1}{4}$ cup or more.
Salt and pepper to Water or chicken stock
taste. Onion (small) 1.
Butter $\frac{1}{4}$ cup. Bay leaf 1.

Dress, clean and cut chicken at joints and season, dredge with flour and fry in butter to golden brown. Place in small roaster and cover half-way with water or chicken broth. Add other ingredients and when tender drop in dumplings, made as follows:

Flour $1\frac{1}{2}$ cups. Salt 1 teaspoon.
Baking powder 2 Milk $\frac{1}{4}$ cup.
teaspoons. Egg 1.

Sift flour, baking powder and salt; add unbeaten egg, stir, and when blended with flour rub with fingers until crumbly, then add milk. Drop by spoonfuls in liquid and steam for 20 minutes, covered all the time.

MRS. A. N. HOFSTETTER.

Braised Chicken Fancy.

Chicken 1. Apple (quartered) 1.
Salt, allspice, mar- Butter.
joram. Water $\frac{1}{2}$ cup.
Nutmeg, parsley. Raisins $\frac{1}{4}$ cup.

Cut up chicken, fry in butter to brown, add salt to taste, few grains

allspice, some sweet marjoram and parsley, water, a little nutmeg, raisins and apple. Let stew under cover until tender, adding little water if necessary. Thicken gravy with flour.

MISS FRANCES SHARZYOSKI.

Braised Chicken Fancy.

Chicken 1.	Garlic.
Butter 1 tablespoon.	Olive oil 1 tablespoon.
Green peppers 6.	Tomatoes 1 can.
Dash of paprika.	Rice 1 cup.

Cut chicken in pieces, rub pan with garlic. Place chicken in pan with butter and olive oil. Brown and add enough water to simmer. Pour hot water over green peppers. Place in separate pan rubbed with garlic and fry in butter until nearly tender. Remove and put in the tomatoes and dash of paprika. Let hot water run over a cup of rice, add it to the tomato and cook slowly until rice absorbs juices. Stir with spoon from bottom. Just before rice is tender place half the peppers on top and finish cooking. Add the other half to the chicken. MARIE M. TOPPING.

Braised Chicken Spanish Style.

Chicken (6-pound) 1.	Flour.
Seasoning.	Butter.
Mushrooms (quartered) 2 cups.	Olives (green) ½ cup.
Olives (ripe) ½ cup.	Onion (medium sized) 1.
Tomatoes 1 cup.	Salt and pepper.

Disjoint, wash and rinse the chicken. Dredge well with flour and seasoning; fry in butter in skillet until delicate brown. Remove chicken to casserole or roaster. Make gravy: To 3 tablespoons melted butter add 4 tablespoons flour. When smooth and light brown add 2 cups cold water. Stir constantly until smooth and thickened, then add 2 cups quartered mushrooms, the olives and onion all minced fine, and tomatoes, salt and pepper to taste. Pour gravy over chicken in baking pan and cook in 375-degree oven for 1 hour (until tender).

ELIZABETH ELPHICK.

Chicken Broiled.

Chicken (4-pound) 1. Butter, flour.

Split the chicken open in the back and then flatten with a cleaver; lay in a dripping pan with the inside of the chicken next to the pan; bake one hour and baste occasionally. When

done make a gravy with giblets and a little butter and brown flour.

MRS. A. C. BERNAHL.

Casserole Chicken.

Chicken (tender, about 3 pounds) 1.	Salt and pepper to taste.
Water (hot) 1 pint.	Sweet cream (hot) 1 cup.
Mushrooms (chopped) 2 cups.	Parsley (chopped) 1 tablespoon.
Butter ½ cup.	

Clean chicken and split down the back. Place in casserole with breast upward. Spread butter over the breast, dust with salt and pepper, add hot water, cover closely and cook in hot oven for about 1 hour. Then add hot cream, mushrooms and parsley. Cover and cook for 20 minutes. Add a teaspoon of flour to thicken gravy if desired. Serve hot, in the casserole.

MRS. A. M. COOP.

Creamed Chicken.

Chicken (shredded) 1½ cups.	Mushrooms (sliced fine) 2.
Spaghetti (cooked, shredded) ¾ cup.	Paprika ½ teaspoon.
Green pepper (small, cut up) 1.	Ham (shredded) ¾ cup.
Egg yolks 3.	Red pimento ½.
Salt 1 teaspoon.	Butter 3 tablespoons.
	Cream 2 cups.

Smother green pepper and mushrooms in butter, add ham, chicken and paprika and smother together 2 or 3 minutes longer. Add spaghetti, cream, pimento, salt and boil 4 minutes. Mix yolks of eggs with 2 tablespoons cream and stir in mixture until it thickens.

MRS. LILLIAN SPENCER.

Creole Stew.

Chicken (4-pound) 1.	Olive oil ¼ cup.
Mushrooms (sliced) ½ cup.	Garlic 1 clove.
Onion (chopped fine) 1 tablespoon.	Green peppers (sliced) ½ cup.
Salt, pepper and few grains cayenne.	Tomatoes (canned) 3 cups.
	Flour.

Cut the chicken for serving. Roll in flour and brown in olive oil in which a cup of garlic has been cooked. Add the mushrooms, green peppers, onion and tomatoes. Season with salt, pepper and a few grains cayenne. Simmer gently until chicken is very tender. Thicken sauce if necessary with flour and add water.

MRS. C. S. SIMPSON.

Honolulu Chicken Curry.

Chicken 1.
Onion (grated) 1.
Root ginger 1 inch piece.
Mango chutney 1 tablespoon.
Cream or rich milk $\frac{1}{2}$ cup.
Butter 4 tablespoons.
Coconut (unsweetened) $\frac{1}{2}$ cup.
Apple (sour, diced) 1.
Raisins (large) 4.
Curry powder 2 table-spoons.
Flour 4 tablespoons.
Salt and pepper to taste.

Boil the chicken until tender. Slip the meat from the bones and cut in pieces. Let broth simmer with bones for 30 minutes, then strain and skim off fat. Heat the butter, blend the flour with it until smooth, add a quart of hot broth to which remaining ingredients have been added. Cook gently in double boiler for an hour. Boil a cup of rice in salted water vigorously for 20 minutes, strain off water and dry rice in oven. Arrange chicken in center of platter, surround by rice and coconut. Pour over all curry sauce.

MRS. C. E. WILLARD.

Spring Chicken with Dumplings.

Chicken (4 $\frac{1}{4}$ to 5 pound) 1.
Onion (medium) 1.
Salt 1 teaspoon.
Water 2 tablespoons.
Shortening 3 table-spoons.
Paprika 1 teaspoon.
Flour $\frac{1}{4}$ cup.
Cream $\frac{1}{4}$ pint.

Joint the chicken, wash, clean and sprinkle with salt. Mince onion and melt shortening and brown onion. Add paprika. Add chicken and let fry 10 minutes. Stir until heated well. Cover with water, add salt, cover and cook 1 hour and 40 minutes. When done mix flour, water and cream, add to cooked chicken and boil 5 minutes more. Place chicken on platter, pour gravy over.

Flour 4 cups.
Eggs 2.
Pinch of salt.
Water 2 cups.

Sift the flour, stir in water, salt and eggs. Beat well together. Drop from a teaspoon into boiling salted water and boil gently 10 to 15 minutes. Drain off water. Let cold water run over again and drain. Reheat with 1 tablespoon butter and serve with gravy.

MRS. ANNETTE ROBINSON.

Chicken Fricassee.

Chicken (4-pound, stewing) 1.
Pimento (chopped) 1.
Garlic 1 clove.
Bay leaf (large) 1.
Salt and pepper.
Onion 1.
Celery 3 pieces.

Dress, clean and cut the chicken. Season with salt and pepper. Put in

pan and place pimento, onion, garlic, celery and bay leaf on top. Cover with boiling water and let simmer until tender. Drain and serve with white sauce. To remaining soup-stock add water to taste and boiled rice for chicken soup.

GERTRUDE EVERETT.

Chicken Fried Baltimore.

Chicken (good sized, young) 1.
Cracker crumbs (fine) $\frac{1}{2}$ cups.
Flour 1 cup.
Egg 1.
Water 2 tablespoons.
Salt.

Dress, clean and cut chicken to serve. Salt well and dip each piece in flour. Beat egg and add water, mix, dip floured chicken pieces in egg, drain and roll in crumbs. Have skillet ready with part of melted fat hot and brown evenly. Place in roaster with some of the frying fat and bake in 350-degree oven, basting occasionally. Serve on a large platter garnished with peas and carrots.

MRS. G. E. TAYLOR.

Chicken, Fried in Batter and Baked in Dough.

Chicken (medium sized) 1.
Salt $\frac{1}{2}$ teaspoon.
Milk $\frac{1}{2}$ cup.
Bread flour $\frac{1}{2}$ cup.
Eggs (well beaten) 2.

Clean and boil the chicken until tender. Remove skin and joint into pieces for serving. Make a batter of flour, salt, eggs and milk. Beat until smooth. Chop medium-sized onion fine, saute a delicate brown in 1 tablespoon fat, add 1 chopped green pepper, 1 chopped pimento and 1 cup canned tomatoes strained and chopped. Simmer all for 5 minutes. Remove from fire and add to batter. Roll jointed chicken in flour, then dip in batter and fry.

MRS. B. DOTY.

Southern Fried Chicken.

Chickens (medium sized) 2.
Seasonings.
Flour.
Lard (hot).

Singe and clean the chickens. Stew necks, wings, backs, hearts, livers and gizzards for stock. Add salt, pepper and noodles for soup. Roll chicken in flour and seasoning and put in hot lard and brown. Add hot water to cover bottom of pan and let simmer. Make gravy.

MRS. J. T. LUSCOMBE.

Chicken Fritter.

Butter 1 tablespoon. Flour 4 tablespoons.
Celery salt and pepper. Chicken stock 1 cup.
Chicken (cold) 1 cup.

Cook the flour in butter, add the chicken (hot) stock gradually. Season with celery salt and pepper. Pour half this sauce in shallow pan. Chop the chicken quite fine, season and spread over sauce after it has thickened. Add remainder of sauce and place on ice. When very cold and hard cut in squares, small. Dip in fritter batter, fry in deep fat. Use the following for batter:

Milk $\frac{1}{2}$ pint. Eggs 2.
Flour 2 cups. Salt.

MRS. C. W. CRABTREE.

Chicken Gumbo.

Chicken (4-pound) 1. Green pepper (large) 1.
Rice (washed) $\frac{1}{2}$ pound. Potato (raw, sliced) 1.
Fat 2 tablespoons.
Celery (minced) $\frac{1}{2}$ cup. Tomatoes 1 $\frac{1}{2}$ pounds.
Okra (fresh, cut in small pieces) $\frac{1}{4}$ pound.
Water (hot) $\frac{3}{4}$ cup. Onion (minced) 1.
Salt 2 teaspoons.
Pepper $\frac{1}{4}$ teaspoon.

Fry onions, celery and green pepper in fat for 15 minutes. Add hot water, season with salt and pepper. Add chicken cut up in pieces, cook until half done. Line deep casserole with sliced potato. Put half the rice over potatoes, pour in half tomatoes, sprinkle with half the salt, add okra and cooked chicken. Cover with remainder of rice. Pour rest of tomato over and sprinkle with remainder of salt. Cover and bake in moderately hot oven 1 $\frac{1}{2}$ hours. Uncover last 15 minutes. If roasted chicken is used, add in casserole but not before.

MISS SARAH WEISS.

Chicken a la King.

Flour 1 cup. Water (boiling) 1 cup.
Butter or chicken fat $\frac{1}{2}$ cup. Salt $\frac{1}{4}$ teaspoon.
Eggs 3. Soda $\frac{1}{8}$ teaspoon.

Pour boiling water over butter or chicken fat, bring to boiling point, add flour and salt and cook until smooth, stirring constantly. Cool, add unbeaten eggs one at a time until smooth, adding soda with last egg. Drop by spoonfuls on buttered tin and bake 40 minutes in moderate oven.

Milk 1 cup. Pimento (cut in pieces) 1.
Chicken stock 1 cup. Green pepper (cut fine) 2.
Chicken (cooked) 2 cups. Flour 2 tablespoons.
Onion (small) 1. Butter 2 tablespoons.
Salt $\frac{3}{4}$ teaspoon.
Pepper $\frac{1}{8}$ teaspoon.

Melt butter, add onion, pimento and pepper, cook about 5 minutes, add flour, blend well, then add milk and stock and seasoning; when thick add diced chicken. When hot put in puffs, sprinkle with paprika and decorate with parsley.

MRS. H. A. LOESCH.

Chicken a la Marengo.

Spring chicken (3 $\frac{1}{2}$ -pound) 1. Grease (lard, butter and bacon fat).
Garlic 1 clove. Flour.
Milk (rich).

Disjoint and cut the chicken, dredge with flour and rub well. Fry in hot grease till golden brown. Rub sides and bottom of roasting pan with garlic. Arrange fried chicken evenly on bottom of pan, sift a little flour over all with salt and pepper. Scatter small pieces of butter on top. Pour on enough rich milk to cover chicken well. Cover and bake in slow oven 45 minutes. For gravy add milk to grease, thicken with flour.

MRS. R. D. SCANLON.

Chicken with Mushroom Sauce.

Chicken (5-pound, boiled) 1. Onion juice 1 teaspoon.
Pinch of nutmeg. Egg whites 2.
Cream 2 $\frac{3}{4}$ cups. Mushrooms (washed) 1 pound.
Chicken stock 2 cups.

Take the breast of the fowl and put through a meat grinder, then a puree sieve. Add the onion juice, nutmeg, unbeaten egg whites. Beat all together until very light, then add 1 $\frac{1}{4}$ cups cream. Bake in a ring mold in a pan of water for 10 minutes. Put mushroom peelings to cook with a quart of water and when water has cooked down to 1 cup add to soup stock, then the remaining cream should be added. Thicken with cornstarch. Fry the mushrooms quickly in butter and add gravy a few minutes before serving.

MRS. ELINA MATSON.

Chicken-Filled Pancakes.

French pancakes. Chicken (white meat).
Cream sauce (rich). Cooking sherry 1 teaspoon.
Egg yolk 1.
Egg white 1.

Make French pancakes, very thin.

Fry and put on platter to cool. Use the following filling: Make a very rich cream sauce, remove from fire and add cooking sherry. Thicken sauce more by adding yolk of an egg. Put aside to cool. Then spread the pancakes and roll cakes up tight. Cut rolled and filled pancakes in slices about 2 inches wide. Dip slices in white of egg and roll in fine bread crumbs. Fry a golden brown.

ULRIKA E. BAUER.

Chicken Pie.

Chicken 1.	Parsley.	
Bit of bay leaf,	Bacon (diced) ½	
thyme and mar-	pound.	
joram.	Mushrooms.	
Eggs (hard cooked).	Flour 4 tablespoons.	
Butter 2 tablespoons.		

Cover chicken, cut in pieces for serving, with boiling water. Add parsley, bay leaf, thyme and marjoram tied in a bag. Simmer gently until meat is tender. Half an hour before chicken is done add bacon. On bottom of baking dish arrange slices of eggs, cover with sauteed mushrooms, then layer of chicken meat and continue until dish is filled. Add 3 cups sauce made from the liquor in the pan thickened with butter and flour and cooked together. Reheat and garnish with pastry points cut in shape of triangles and parsley and serve.

MRS. D. A. KELLEY.

Chicken Pie with Potatoes.

Chicken 1	Lard ½ cup.
Salt and pepper.	Butter 1 tablespoon.
Flour 2½ cups.	Baking powder 2 tea-
Potatoes (diced) 2	spoons.
cups.	Milk 1 cup.

Clean and cut the chicken the usual way. Cook in salted water ½ to 1 hour. Dice potatoes and parboil for 5 minutes in salted water. Mix flour, baking powder, salt and shortening, stir in milk and make soft dough. Line deep casserole with half the dough. Put wings, drumsticks and thighs on bottom of dish, spread potatoes over. Roll ½ cup of dough into dumplings and place on top. Put breast, back and giblet meat on dumplings. Pour water chicken was cooked in over dish, put on top crust and bake ½ hour in hot oven.

DONNA HEDEMAN.

Chicken and Potato Buns.

Flour 3 cups.	Salt 1 teaspoon.
Sugar 1 tablespoon.	Yeast 1 small cake.

Water (warm) 1	Egg 1.
cup.	Onion (medium
Chicken (cooked,	sliced) 1.
diced) 1 cup.	Potatoes (hot, mashed)
Chicken liver 1.	2 cups.

Make dough of flour, salt, sugar, yeast cake, water and egg. Mix flour, sugar and salt through sifter. Add yeast cake dissolved in warm water and egg; add warm water until soft dough is formed. Knead well and set away until twice its size. Knead again when ready to use. Remove fat parts of fat chicken and fry the onion in fat. Chop pieces of fat with onion and add chicken meat, chicken liver and potatoes. Mix well and put a tablespoon of filling in dough. Pinch together. Grease pan well with chicken fat and place buns in. Dot tops with fat. Bake 30 minutes or until golden brown.

MRS. EMMA FERTIG.

Pressed Chicken Gelatin Loaf.

Chicken 1.	Gelatin 2 tablespoons.
Celery 2 stalks.	Garlic bean 1.
Pimento (canned) ½.	Onion.
Beets (small) 12.	Eggs (hard cooked) 6.
Sugar 1 teaspoon.	Bacon 1 pound.
Bay leaf ½.	Cloves 2.
White pepper.	Dash of black pepper.
Salt 2 teaspoons.	

Clean the chicken thoroughly and pour boiling water over it, skim and let simmer for an hour. Add 2 teaspoons salt, white pepper, garlic bean, celery, onion and pimento. Cook until tender, remove chicken and strain broth. Have beets cooked the day before and placed in sweetened cider vinegar. Boil the bacon until tender in water with sugar, cloves, bay leaf and dash of black pepper. Cut off rind when cold and slice thin. Place beets and egg in mold, then shredded white meat, long strips of pimento, then bacon layer and shredded dark meat, then pimento and balance of bacon. Let 3 cups chicken broth come to a boil, pour over gelatin and when it begins to thicken pour over meat. Cover and when cold place in icebox.

MRS. CHARLES ELSON.

Roast Chicken.

Chicken (4-pound) 1.	Egg 1.
Parsley (chopped) 1	Stock 1 cup.
teaspoon.	Cream ¼ cup.
Pepper, grated nut-	Butter 2 tablespoons.
meg.	Bread 1 slice.
Cornstarch 2 tea-	Salt 2 teaspoons.
spoons.	Bacon 3 slices.

Clean the chicken, put heart, liver,

gizzard and half of fat through meat grinder. Cream 1 tablespoon butter, beat 1 egg and mix together with slice of bread which has been soaked in cold water and squeezed dry, parsley, 1 teaspoon salt, pepper, grated nutmeg and stuff chicken. Sew together. Put remainder of fat in roaster with 1 tablespoon butter, and put bacon on breast of chicken and cover. Keep oven hot till chicken begins to brown and reduce heat. Baste every 15 minutes. Sprinkle remaining salt over chicken after an hour of roasting. Roast $1\frac{1}{2}$ hours. Skim off fat from roaster, add stock, thicken with cornstarch, and add milk or cream.

MISS MARIE UHLEMANN.

Roast Chicken, Fruit Dressing.

Bread crumbs (soft) 4 cups.	Butter or chicken fat $\frac{1}{2}$ cup.
Chestnuts (whole, boiled) 14.	Pears (canned) 3.
Apricots (canned) 4.	Peaches (canned) 4.
Prunes (stewed) 6.	Egg (beaten) 1.
Capon.	Apricot juice $\frac{1}{2}$ cup.
Carrot 1.	Salt.
Sprig of parsley.	Onion (sliced) 1.
	Celery 1 stalk.

Clean the capon, season inside and out with salt. Mix the crumbs, chestnuts, apricots and juice, prunes, pears, peaches and egg lightly with a fork. Stuff the capon, truss and put in roasting pan. Cover with slices of fat salt pork. Surround with carrot, onion, parsley, celery and fat. Bake in 500-degree oven for 10 minutes, then reduce heat to 350 degrees and bake for 2 hours, basting frequently.

MRS. MAURICE CARRIGAN.

Roast Chicken with Noodles.

Chicken (5-pound, stewing).	Carrots 1 bunch.
Onion 1.	Parsnips 2.
Celery 1 stalk.	Parsley 2 sprays.
Water 2 quarts.	Noodles (medium) $\frac{1}{2}$ 4 1/2 ounces.

Put chicken, vegetables, salt and pepper in kettle and cover with cold water. Simmer slowly until tender. Take out chicken and rub with butter, carrots and parsnips and put in roasting pan. When brown put on platter. Add carrots and parsnips. Brown 1 tablespoon flour in roasting pan for gravy made with stock. To soup add cooked, drained and salted noodles.

MRS. ERNEST A. SCHREIBER.

Chicken Plantation Shortcake.

Corn cake (white). Ham (boiled).	Chicken stock 1 cup.
Chicken (sliced).	Cream 1 cup.
Butter 2 tablespoons.	Egg yolks 2.
Flour 2 tablespoons.	Mushrooms (small, fresh) 12.

Place white corncake in open baking dish. Cover with sliced cold boiled ham, then chicken, then last cover with sauce made of remaining ingredients. Bake until very hot and serve at once.

MRS. MAUDE OBLANDER.

Smothered Chicken.

Chicken 1.	White pepper.
Salt $1\frac{1}{2}$ teaspoons.	Sweet cream 1 bottle (pint).
Butter $\frac{1}{4}$ pound.	
Flour 3 tablespoons.	

Cook chicken until tender. Cut it up as for frying. Mix flour, salt and small amount white pepper, and roll pieces of chicken in it. Melt the butter in covered skillet, add cream and stir until hot. Add chicken, cover and cook 20 minutes with moderate fire, skin side down. Turn and cook 10 minutes.

C. R. WILMANNS.

Stewed Chicken.

Chicken 1.	Onion (minced) 2
Parsley (chopped).	tablespoons.
Bay leaf 1.	Salt and pepper.
Flour 2 tablespoons.	Butter 2 tablespoons.
Pinch of soda.	Cream (heated) $\frac{1}{2}$ cup.
Celery 1 stalk.	

Cut fowl in 10 pieces and put over fire and cover with cold water. Bring gradually to gentle boil, then add celery, parsley, onion and bay leaf. Simmer until tender before seasoning with salt and pepper. Melt butter, blend in flour. Stir into them a teaspoonful at a time a large cup of strained and skimmed gravy from the pot. Add the cream and soda slowly. Do not boil.

Baking powder 2 tea-	Flour 2 cups.
spoons.	Shortening 1 table-
Salt $\frac{1}{4}$ teaspoon.	spoon.
Milk.	

Sift the dry ingredients together, rub in the shortening and wet dough with milk so that it will roll easily. Cut in rounds and drop in boiling stock. Cook 10 minutes.

ROSE SOUKUP.

Chicken Souffle.

Chicken (chopped, cold) 1 pint.	Flour 1 tablespoon.
Parsley (chopped) 1	Eggs 3.
tablespoon.	Bread (stale) $\frac{1}{2}$ cup.
Milk 1 pint.	Salt, pepper, cayenne.

Melt butter in saucepan, add flour

and mix without browning. Add milk and stir constantly till it boils. Add bread crumbs and cook a minute longer. Take from fire and add chicken hashed very fine and seasoned well with salt, pepper and cayenne. Beat yolks of eggs, add, mixing thoroughly. Beat whites stiff and fold into mixture. Grease baking dish with butter and put mixture in. Bake in quick oven 20 minutes and serve at once.

MRS. J. M. BLUM.

Spanish Stew.

Chicken (3½-pound). Red pepper (large) 1.
Salt pork ½ pound. Tomatoes 1 small can.
Salt 1 tablespoon. Peas 1 can.
Garlic 3 cloves. Green pepper (shredded) 1.
Flour 2 tablespoons.
Mushrooms 1 can.

Cut pork in inch pieces and fry in bottom of kettle. Add chicken cut for stewing, almost cover with water, add salt and red pepper cut in pieces. Let simmer until nearly done. Add garlic, tomatoes, mushrooms, peas and boil up at once, then thicken with flour dissolved in cold water. When ready to serve sprinkle shredded green pepper on top.

MRS. EDWARD VOEKEL.

Chicken Timbale.

Bread crumbs (soft) Milk ¾ cup.
½ cup. Salt to taste.
Chicken (cooked, Butter 3 tablespoons.
chopped) 1 pint. Pepper ½ teaspoon.
Onion juice 1 tea- Pimento (cut fine) 1.
spoon. Eggs 2.

Cook butter, crumbs, seasoning and milk together until smooth paste has formed. Add chicken, pimento, onion juice and add to sauce with eggs slightly beaten. Pour into individual molds which have been greased. Set in pan of hot water and bake in moderate oven, 325 degrees, for 25 minutes, until set like custard.

MISS STEPHANI WEISS.

Chicken Wisconsin.

Chicken (4-pound). Cheese (grated).
Parsley (chopped) 1 Celery (chopped) 1
handful. stalk.
Mushrooms 1 small Onion (chopped fine)
can. 1.
Salt and pepper to Stuffed olives (halved)
taste. 1 small bottle.
Noodles.

Cook the chicken until meat falls from the bones. Add celery, parsley, onion, olives, mushrooms, bones and stems, salt and pepper to boned meat

and cook together until well mixed. Put a layer of cooked noodles in bottom of well-greased baking pan, add a layer of chicken mixture and sprinkle with grated cheese, repeat with another layer as before. Cover top well with cheese and put in hot oven until cheese is melted and browned.

MRS. HILDA P. SHEARER.

MISCELLANEOUS POULTRY AND GAME.

Tame Duck.

Duck 1. Onion 1.
Carrot 1. Flour.
Bacon strips.

Soak duck breast down in salt water for several hours to get blood out. Wipe dry. Put whole onion and a carrot in neck of duck. Use dressing if desired. Sew up and tie legs down. Roll duck in flour and brown in skillet. Put in casserole with breast down. Make gravy of browning butter and flour, adding water. Season. Pour over duck to cover. Lay strips of bacon on top of duck. Bake for 1½ hours breast down, turn and bake ½ hour breast up, covered with bacon.

MINNIE A. NELSON.

Wild Duck.

Duck 1 or more. Onion.
Bacon. Salt and pepper.

Dress and clean the duck and place it in a pan of hot water to which a teaspoon of salt has been added. Parboil for 5 minutes. Peel a medium-sized onion for each duck, slice it and put half inside the duck, remaining slices over the breast. Sprinkle with salt and pepper. Place 2 strips of bacon over the breast, on top of onion. Pour ½ cup water in the roasting pan and bake duck at 350 degrees for 1½ hours, basting occasionally, covered the first half of the baking.

MRS. W. C. PHORTE.

Roast Goose with Apple and Raisin Stuffing.

Goose 1. Bread crumbs (dry) 3
Butter (melted) 3 cups.
tablespoons. Apples (diced) 2 cups.
Raisins (whole) 1 White sugar 1 table-
cup. spoon.
Sweet cider ¼ cup. Salt and pepper.

Clean and singe goose. Wash inside and out with soda water. Dry thoroughly and hang in cold place

for 12 hours, then stuff with crumbs, butter, apples, raisins, white sugar and sweet cider. Mix well together, sew up opening and truss. Sear in 500-degree oven for 15 minutes. Take out and pour off fat. Add 2 cups hot water and season with salt and pepper. Put on cover and place in 350-degree oven for 4 or 5 hours. Make gravy with a liquid in which goose has cooked, a tablespoon of flour and $\frac{1}{2}$ cup sweet cream.

SELMA HUMMEL.

Guinea Fowl, Roasted.

Fowl 1. Bread crumbs 2 cups.
Onion (large, cut fine) 1. Sage (rubbed fine) 1
Salt and pepper. Bacon strips.

Skin fowl by first dipping in cold and then hot water. Cut skin at wings, neck and over drumsticks. Make sage dressing, using bread cubes soaked in water until moist, the onion, and sage, salt and pepper to taste. Sew up fowl and place in covered pan. When in put strips of bacon across fowl, water in pan, salt and pepper over and 1 bay leaf. Bake 2 hours. Thicken gravy.

D. A. GREGSON.

Roast Pigeon.

Pigeons. Bread crumbs.
Butter. Salt and pepper.
Flour. Eggs.
Milk. Sage.

Clean pigeons well and singe. Roll each bird in flour and brown slightly in butter. Then place birds in covered roaster. Baste occasionally with water. Add a cup of milk to each bird. Roast until tender. Stuff before cooking with dressing of bread crumbs, milk, eggs, sage, salt and pepper.

MRS. HENRY E. GREISER.

Pigeon Stew.

Pigeons 2. Potatoes (medium
Bacon 4 tablespoons. sized) 6.
Butter 2 table- Onions (medium sized)
spoons. 3.
Parsley 2 table- Gravy $\frac{1}{2}$ cup.
spoons.

Melt butter in frying pan, add bacon, lean, diced. Put in pigeons after cleaning, singeing and halving them. Cook slowly 15 minutes, then add chopped onions. Cook 10 minutes, add potatoes diced. Put in gravy, salt and pepper to taste. Stew slowly, covered, for an hour. Before

serving put in 2 tablespoons chopped parsley.

MRS. ANNABEL JOHNSON.

Quail and Pheasant.

Quail. Bacon or salt pork.
Scald bird in boiling water to remove feathers. Draw and wipe clean. Soak in salt and water to remove gamy taste. Skewer strips of salt pork or bacon across breast. Baste every 4 to 6 minutes. Serve on toasted bread or with gravy. Milk may be used in roasting to give a more delicate flavor.

MRS. B. L. GATES.

Baked Rabbit.

Rabbit (medium sized) 1. Salt pork or bacon 3
slices.
Apples 5. Salt 1 teaspoon.
Pepper $\frac{1}{4}$ teaspoon. Flour 2 tablespoons.

Parboil rabbit $\frac{1}{2}$ hour before putting in roaster and save water for gravy. Then put in roaster rubbed well with seasoning and cover with salt pork or bacon. Put 5 cored apples around rabbit and bake one hour.

AGNES KAUSE.

Rabbit Hassenfeffer.

Rabbit 1. Bay leaves 2.
Vinegar $\frac{1}{2}$ cup. Lemon 3 thin slices.
Water 2 cups. Salt 2 teaspoons.
Pickle spices 2 tea- Bacon 3 slices.
spoons. Sour cream 2 pints.
Onion (large) 1. Flour 2 tablespoons.

Clean, wash and cut rabbit. Add pickle spices to vinegar and water and boil 10 minutes, cool. Place rabbit, bay leaves and sliced onion in pan and pour in the water, vinegar and spice mixture over rabbit and let stand 24 to 36 hours. Then add bacon, placing strips on top, and cook in moderate oven $1\frac{1}{2}$ hours. Remove from oven, strain liquid into pan and place on fire again to boil. Add flour to sour cream and stir smooth. Pour into boiling mixture and let thicken as gravy, then turn over rabbit and serve.

MRS. MARY KRIZ.

Smothered Rabbit.

Rabbit. Seasoning.
Flour. Bacon fat (hot).
Butter 1 tablespoon.

Clean and cut rabbit, wipe dry, season and roll in flour, put in frying pan with hot bacon fat and brown all over. Take meat from pan, put in casserole, add butter to skillet, 3 tablespoons flour, brown and add water

to make a thin gravy. Pour over rabbit in casserole and bake until meat is tender and brown.

MRS. CLAEYS.

Roast Turkey with Fruit Dressing.

Turkey (10-pound).	Apples 2.
Prunes 6.	White bread 3 cups.
Butter (melted) 1	Raisins $\frac{1}{3}$ cup.
tablespoon.	Egg 1.
Thyme 1 tablespoon.	Salt and pepper to
Celery.	taste.

Clean turkey well. Stuff with apples which have been quartered and peeled, prunes which have been soaked overnight, and bread filling as follows: Soak the bread in cold water and squeeze it dry, add butter, raisins, egg, thyme, celery, salt and pepper and mix all well together. Put 4 pieces of apple and 3 prunes at neck of bird, then dressing, then remainder of fruit. Sew up opening with white thread. Sprinkle all over with salt and pepper. Lay 4 pieces of salt pork over breast of turkey. Roast in moderate oven 4 to 5 hours. Apples and prunes are not to be served.

MRS. WILLIAM WACKER.

Turkey, Sage and Oyster Dressing.

Bread (stale) 1 large	Turkey (10-pound) 1.
loaf.	Salt, pepper and sage.
Butter.	Flour and lard paste.
Oysters.	

Prepare turkey for roasting and use dressing: Moisten the bread with cold water, drain off water and crumble. Add generous amount of butter and heat until butter is melted. Add salt, pepper and sage, oysters if preferred. Mix well and stuff turkey. Sew up. Rub bird with flour and lard mixed to stiff paste. Add salt and pepper mixture. Place turkey in hot oven in uncovered roaster until it begins to brown. Add hot water to pan and cook turkey slowly. Do not baste turkey, but turn it.

MRS. A. W. DYKINS.

Turkey, Vegetable and Dressing.

Turkey (10-pound) 1.	Salt 2 tablespoons.
Crackers 2 cups.	Bread (stale) 1 loaf.
Baking powder 1	Eggs 2.
teaspoon.	Salt 1 teaspoon.
Pepper $\frac{1}{2}$ teaspoon.	Butter 1 tablespoon.
Nutmegs 1 cup.	Onion 1.
Celery 1 stalk.	Mango $\frac{1}{2}$.

Wash and clean the turkey. Toast and crumb a loaf of stale bread. Mix crackers with bread crumbs and moisten with warm water. Add eggs,

baking powder, 1 teaspoon salt, pepper, butter, nuts. Chop together with onion and stalk of celery. Fry onion, celery and mango in a little butter to light brown, and mix all together. Sprinkle inside and out of turkey with 2 tablespoons salt, stuff, place in baking pan, then in a hot oven and cook 20 minutes, then in a low oven about 20 minutes to the pound. Stick with a toothpick to try; when done fat instead of blood will come out. Chop up giblets for gravy (they should be stewed in water first).

BELLE AVERY.

Roast of Venison.

Roast of venison 4	Onion (large), or 1
pounds.	orange and 1 lemon.
Water 2 cups.	Butter 2 tablespoons.
Flour 5 cups.	

Trim roast and wipe clean. Make paste of flour, butter and water and roll out to thickness of half an inch. Place roast in center, slice onion and lay it on roast with pepper. Gather up sides of paste and pinch together around roast, completely inclosing it. Place in covered roasting pan and cook in very hot oven 15 minutes, then gradually lower heat to moderate and low. Cook an hour, remove from pan, remove paste and return meat to hot oven 10 minutes to brown.

MRS. H. McFADGEN.

Turkey Bombay.

Onion (hearts, minced) 2.	Fat 1 tablespoon.
Rice (raw, washed) 1 cup.	Pepper $\frac{1}{2}$ teaspoon.
Tomato juice (strained) $\frac{1}{2}$ cup.	Green pepper (minced) 1.
Parmesan cheese (grated) 2 tablespoons.	Apple (chopped) $\frac{1}{2}$.
	Consomme 2 cups.
	Turkey meat (diced) 2 cups.
	Egg yolks (beaten) 2.

Cut the meat from the turkey in half-inch pieces. Heat the fat, add the minced pepper and minced onion hearts; brown for a few minutes. Add the apple, rice, consomme, tomato juice, salt and pepper. Then add the turkey. Mix well, put into covered casserole in 350-degree oven for 45 minutes. Remove and add to hot mixture beaten egg yolks and cheese. Mix lightly, put all in greased mold and steam for 25 minutes.

MRS. G. W. SCHEEF.

Turkey, Chestnut Dressing.

Turkey,	Parsley or green pep-
Bacon 3 or 4 strips.	pers (chopped) 1
Water 2 cups.	tablespoon.
Bread crumbs (dry)	Salt and pepper.
1 large loaf.	Chestnuts (shelled) 1
Butter (melted) ½	pound.
cup.	Salt 1 teaspoon.
Onion (chopped) 2	Pepper ¼ teaspoon.
tablespoons.	Celery salt 1 teaspoon.
Salt 2 teaspoons.	

Cover chestnuts with boiling water and let stand until the shells may be removed easily. Remove the nuts and add water and salt and cook in covered pan 15 minutes until they are soft. Mash thoroughly and add liquid and mashed chestnuts to crumbs, melted butter, onion, parsley, salt, celery salt, and pepper. Lightly stuff the fowl. Sprinkle with salt and pepper and arrange bacon across the breast bone. Lay bird on its back in roaster and cover. Do not add water. Roast 20 minutes at 450 degrees, then complete roasting in medium oven. Remove cover and brown during last 15 minutes. Allow 20 minutes per pound of turkey to cook.

BELLE MARTIN.

Turkey, Fruit Dressing.

Apples (medium	Milk or water ½ cup.
sized, in inch	Raisins 2 cups.
cubes) 3.	Currants 1 cup.
Prunes (stoned, half	Salt.
cooked) 1 cup.	White bread 1 1½-
Walnuts (shelled) ½	pound loaf.
cup or more.	Grape juice 2 table-
Turkey (10-pound) 1.	spoons.

Cut the bread in inch cubes and French fry. Mix with apples, raisins, currants, prunes, walnuts, salt, grape juice and milk or water. Dress the turkey and scrub thoroughly inside and out with hot salt water, and rinse in cold. Rub the salt inside the turkey and set in cold place overnight. Then scald again and rinse. Stuff with dressing, truss it, rub butter over it and a little flour. Sear in hot oven 20 minutes. Roast in moderate oven until tender, 4 to 5 hours.

EDNA M. OLSON.

Turkey with Sage Dressing.

Bread (dry) 2	Eggs 2.
quarts.	Powdered sage 3 tea-
Salt 1 teaspoon.	spoons.
Milk 2 cups.	Pepper ½ teaspoon.
Liquor 1 cup.	

Prepare and bake the turkey as in the recipe with oyster dressing. Break the dried bread and mix with the salt, pepper and sage. Beat the eggs,

dilute with milk and mix this through the dry dressing. Add sufficient stock or liquor from the turkey to moisten the dressing. Pack lightly into turkey. Baste the dressing as the turkey is basted. Cook extra dressing in covered pan.

Turkey, Corn-Bread Dressing.

Turkey 10 pounds.	Milk 1 cup.
Corn bread (crumbs)	Liquor from turkey 2
6 cups.	cups.
Chestnuts ¼ pound.	Pepper ¼ teaspoon.
Celery 3 cups.	Salt 1 teaspoon.

Dry corn bread is better for dressing. Crumb the corn bread and allow to dry if it is fresh. Cover the chestnuts with boiling water. Allow to stand until the shells may be removed. Shell and cook in boiling water 15 to 20 minutes. Cool and chop. Take the coarser stalks of celery and cut in half-inch lengths. Combine the corn bread, chestnuts and celery and add the salt and pepper. Mix one cup of milk with two cups of liquor from the turkey. Moisten the dressing without making it heavy. Stuff the turkey after it has been cooking at least half the cooking period. Press the dressing in lightly. Bake the remaining dressing in patties to serve with the turkey. Sear the turkey in a hot oven for 20 to 30 minutes. Add boiling water to reach above the top of the cooking rack. Lower the temperature to medium oven and cook from 25 to 30 minutes to the pound. Baste the turkey and dressing, increasing the liquor as it evaporates.

Turkey with Oyster Dressing.

Oysters 2 pints.	Turkey liquor 2 cups.
Milk 1 pint.	Salt 1 teaspoon.
Bread 2 quarts.	Pepper ¼ teaspoon.

Sear and cook the turkey half of the cooking period. Scald the oysters in milk. Cut the oysters if they are large plants. Add the oysters to the bread (dried bread should always be used). Add the salt and pepper, then moisten the dressing with the scalded milk mixed with liquor from the turkey. Oyster dressing will take on the flavor of the turkey from the liquor, but will not flavor the meat to any extent when the dressing is added during the last half of the baking period.

SALADS—SALAD DRESSINGS

The importance of salads in the menu should not be minimized. They furnish a good source of mineral salts and vitamins.

We use many combinations of cooked and uncooked fruits and vegetables in a most appetizing way in the salad course.

The salad oils offer nutriment and also are a means of combining and blending the foods in the salad.

CHEESE SALADS.

Cream Cheese Salad.

Cream 1 pint.	Olives (ripe) 1 cup.
Pimentos 1 cup.	Olives (green) 1 cup.
Cream cheese 1 pound.	Gelatin 2 tablespoons.

Whip the cream; cream the cheese; chop the pimentos, olives. Dissolve gelatin in 2 tablespoons cold water. Mix olives and pimentos together and then add the gelatin which has been softened over hot water. Then add cheese and whipped cream. Stir well and pour into a mold. Let stand until firm and then remove it from mold to lettuce bed.

EDITH R. BARKOW.

Cheese Salad.

Cream cheese (grated) ½ cup.	Cream (whipped) 1 cup.
Pineapple (grated) ½ cup.	Nuts (chopped) ½ cup.
Olives (ripe, chopped) ½ cup.	Pimentos (chopped) ½ cup.
Water (hot) 1 cup.	Lemon juice ½ cup.
Sugar 2 tablespoons.	Gelatin 1½ table- spoons.
Salt ¼ teaspoon.	

Add sugar, salt and gelatin to the lemon juice and let stand 3 minutes. Dissolve by adding hot water. Set aside to cool. Add other ingredients, folding lightly. Fold in whipped cream last. Put in shallow pan to congeal. Cut in squares for serving. Serve on lettuce with cooked salad dressing or mayonnaise.

MRS. F. W. KRAFT.

Cheese Salad.

Pimentos (drained and dried) 2	Cream cheese (mashed) 1 cup.
Pecans (minced) 2 tablespoons.	French dressing to moisten.

Line small timbale molds with pimentos and pack the centers with cream cheese and pecans, which have been well blended and moistened with French dressing. Pack in ice until firm. Unmold, cut in even slices and serve on lettuce, allowing about 3 slices to a person. Cover with:

Powdered sugar ½ teaspoon.	Oil 4 tablespoons.
Paprika ¼ teaspoon.	Grapefruit juice 2 table- spoons.
Salt ½ teaspoon.	

Mix all ingredients well and shake well before serving.

MRS. E. T. PETRIK.

Cheese Ball Salad.

Pecan meats (chopped) 2 table- spoons.	Parsley and chives (pounded).
Pimento (minced) or red beets (spiced) 1 table- spoon.	Egg yolk (hard cooked) 1.
	Cream cheese 2 packages.

Work the cream cheese smooth, add enough cream to make a stiff paste. Divide into 4 portions, color one green with parsley and chives pounded to a paste, 2 or 3 tablespoons, another red with minced pimento or spiced red beets, another yellow with crushed egg yolk, another white and add 2 tablespoons nut meats. Form into small balls and serve on lettuce or endive.

MRS. F. C. TANELINE.

Cheese and Chicken Salad.

Eggs (hard cooked) 3.	Mustard 1 teaspoon.
Vinegar 2 table- spoons.	Salt, pepper and cay- enne to taste.
Chicken meat (diced) 1 cup.	Cheese (grated) 1½ cups.
Salad oil 2 table- spoons.	Lettuce leaves (crisp).

Rub the yolks of eggs until a smooth paste is formed. Add gradually the salad oil, stirring all the while, then add the mustard, salt, pepper and dash of cayenne, as well as the vinegar. Mix well and add the grated cheese and diced chicken to this dressing, mixing all well. Garnish a salad bowl with crisp lettuce leaves and pour the salad over. Garnish

with whites of the eggs cut in circles with centers of ripe olives. Sprinkle the salad with chopped parsley and dot with paprika.

MRS. SUZANNE DE GOUY.

Cottage Cheese Salad.

Cottage cheese 1 pint.
Green pepper (chopped fine) 1.
Nut meats ½ cup.
Water (cold) ½ cup.
Salad dressing ½ cup.
Pimentos (canned, chopped fine) 2.
Gelatin 1 envelope.

Dissolve the gelatin in water. Soften the cheese with cream and mix all together. The dressing is made:

Vinegar ¼ cup.
Flour 1 tablespoon.
Mustard (dry) ½ teaspoon.
Egg 1.
Water ¼ cup.
Salt 1 teaspoon.
Sugar 4 tablespoons.

Mix all dry ingredients, add beaten egg and slowly pour in the liquid. Cook until thick, stirring constantly. Cool and add this dressing to the cheese mixture. Put all into molds and set in refrigerator until set.

MRS. W. O. CHAMBERLAIN.

Cottage Cheese Carrot Salad.

Carrot (small) 1.
Cottage cheese (seasoned).
Sprigs of parsley.
Lettuce leaves and mayonnaise.

Grate a small carrot. Add to well-seasoned cottage cheese and shape in form of carrots. Put parsley in stem end. Serve on lettuce leaves with mayonnaise.

MRS. MARY KAIM.

Family Favorite Salad.

Green pepper (large) 1.
Pimento (cut fine) 1.
Radishes.
Cream cheese 2 packages.
Tomato (slices).
French dressing.

Remove seeds from green pepper and stuff with cheese, pimento and cream. Set on ice to harden. Arrange a slice of tomato on lettuce cup, place on top a slice of stuffed pepper cut crosswise, in center of this place a radish which has been peeled down to form a rose. Over all serve French dressing with a dash of garlic.

MRS. HELEN F. DOWD.

Frozen Cheese Salad.

Whipping cream ½ cup.
Cream cheese 3 ounces.
Dates (chopped) ½ cup.
Lemon juice 2 tablespoons.
Mayonnaise ¼ cup.
Pineapple (crushed, drained) ½ cup.

Whip cream and chill. Add lemon juice and fold in. Mash cheese and mayonnaise. Blend until soft and smooth. Fold into the whipped cream.

Add fruit and mix lightly but thoroughly, turn into mold and let set.

VERA TALBAT.

Golden Gate Salad.

American cheese (cream) ½ pound.
Orange gelatin 2 tablespoons.
Water 2 cups.
Cream 2 tablespoons.
Nut meats ½ cup.
Lemon gelatin 2 tablespoons.
Peach halves 8.

Thin cheese with cream and add nut meats. Fill peach hollows with above and place in mold and cover with orange and lemon gelatin (use a cup of water to each), which has been cooled slightly. When ready to serve demold on a bed of shredded lettuce and serve with mayonnaise.

MRS. RAY T. DENNIS.

Holly Salad.

Cream cheese 1 package.
Cream (whipped) 1½ cups.
Olives (green, cut fine) ¾ cup.
Mayonnaise 1 cup.
Maraschino cherries 1 small bottle.
Citron (shredded) ¼ cup.

Mash the cheese and add to it slowly the mayonnaise. Fold in the whipped cream, maraschino cherries cut fine, olives chopped and shredded citron. Put in a mold and freeze. Serve on slices on lettuce leaves with boiled salad dressing.

SYLVIA CRAWFORD.

Occasional Salad.

Gelatin 1 tablespoon.
Water (boiling) ½ cup.
Stuffed olives (chopped) 6.
Green pepper (chopped) ¼.
Pinch of salt.
Water (cold) ¼ cup.
Cream cheese ½ package.
Walnuts (chopped) 6.
Whipping cream ¼ pint.

Dissolve the gelatin in cold water, add boiling water and when cool stir in the cream cheese, chopped olives, nuts and green pepper, the cream whipped stiff; add a pinch of salt, then pour in mold. Serve on lettuce without dressing.

MISS GEORGIA PULLEN.

Puffy Surprise Salad.

Cottage cheese 1 jar.
Olives (chopped) ½ cup.
Mayonnaise 1 tablespoon.
Paprika ½ teaspoon.
Cream (whipped) 1 cup.
Celery (chopped) ½ cup.
Salt ¼ teaspoon.

Season the cottage cheese. Add the cream, salad dressing, olives and celery to the seasoned cheese mixture. Freeze. Serve in small squares on lettuce leaf with a slice of green pepper.

MRS. H. A. HANSON.

Cheese and Vegetable Salad.

Cream of celery soup 1 1/2 packages.
 Gelatin 1 tablespoon. Stuffed olives (chopped fine) 1/4 cup.
 Mayonnaise 1/2 cup. Nuts (chopped fine) 1/4 cup.
 Apples (chopped fine) 1/4 cup.
 Water (cold) 1/4 cup.

Heat the soup to the boiling point, remove from fire and add the cheese. Stir until smooth. Dissolve gelatin in cold water and add to mixture. When partly cool add the chopped ingredients and the mayonnaise. Chill in 5 small molds. Serve on shredded lettuce, garnished with slices of hard-cooked egg, sprigs of parsley and mayonnaise.

NELLIE OLSON.

Cheese and Vegetable Salad.

Cream cheese 1 pack- Celery 1/2 cup.
 age. Cream 2 tablespoons.
 Green pepper 1/2. Pimento 1/2 can.
 Walnuts 1/2 cup. Whipping cream 1 cup.

Moisten cheese with cream and work until smooth. Add chopped pepper, pimento, celery and nuts. Season. Add cream whipped stiff. Pack in baking powder cans and pack in ice and salt for 3 hours. Cut in half-inch slices, place on tomato slices and serve on lettuce with French dressing.

MRS. W. T. WALKER.

EGG SALADS.**Egg Salad in Gelatin.**

Sliced pineapple 1 Lemon (medium size)
 No. 2 can. 1
 Eggs 3. Sugar 1/2 cup.
 Whipping cream 1/2 Minute gelatin 1
 pint. package.
 Water (hot) 1/4 cup.

Dissolve the gelatin in 1/4 cup of hot water, then add juice of one lemon and strained juice of pineapple. Let stand till cool, not jellied, then add 3 egg yolks beaten with a pinch of salt, 1/2 cup sugar (mixed with egg), then add 1/2 bottle of cream (whipped) and 3 egg whites beaten stiff, and lastly add all but 3 slices of pineapple cut in small pieces. When this is firm and set garnish with the remainder of whipped cream, top with remaining pineapple and maraschino cherries.

LOUISE B. BLOOMBERG.

Kentucky Egg Salad.

Eggs (hard cooked) Celery (chopped) 1
 4. teaspoon.
 Pimento (chopped) Olive oil 2 table-
 1 teaspoon. spoons.

Onion juice 1 tea- Green pepper
 spoon. (chopped) 1 tea-
 Salt 1 teaspoon. spoon.
 Paprika 1/2 teaspoon.

Mix the eggs, pimento, pepper, celery and onions and put all through a meat grinder. Then add the oil, salt and paprika. Mix well and pack the salad in wet cups or molds. Turn out on lettuce and serve with French dressing.

GHELIA E. L. BLAIR.

Molded Egg Salad.

Eggs (hard cooked) French dressing.
 3. Lemon gelatin 1 table-
 Water 1 cup. spoon.

Mash the yolks of eggs, mix with dressing and replace in egg. Place in small shallow pan, cut side down, about 2 inches apart. Prepare the gelatin and when cooled pour over eggs. Lift eggs slightly to allow mixture to run under each. Let set until firm. Cut in squares, 1/2 egg to each, and place egg yolk side up on crisp lettuce. Serve with any dressing.

RUBY NELSON

Pond Lily Salad.

Eggs (hard cooked) 5. Pickles (chopped).
 Mayonnaise.

Cut eggs in eighths, lengthwise, remove yolk and mix with chopped pickles and mayonnaise. Put white on lettuce leaf, crosswise, and form yolk in balls and put in middle to form lily.

MRS. CHARLES B. SMITH.

Stuffed Egg Salad.

Eggs (hard cooked) Gelatin 1 package.
 6. Mayonnaise 1 cup.
 Catsup 2 table- Worcestershire sauce
 spoons. 1 tablespoon.

While eggs are still warm put through the ricer. Let them get cold, add mayonnaise, catsup, Worcestershire sauce, gelatin soaked in 1 cup cold water and put over hot water to dissolve. Put in individual molds. Serve on slice of tomato, crisp lettuce leaf or shredded lettuce with thousand island dressing as follows:

Mayonnaise 1 cup. Chili sauce 2 table-
 Catsup 1 tablespoon. spoons.
 Green pepper Pimento (cut fine) 1.
 (chopped) 1.

Mix the above well. Serve ice cold over salad.

MRS. THOMAS GRACE.

FISH AND MEAT SALADS.**Anchovy Salad.**

Stuffed olives (sliced thin) 6. Eggs (hard cooked, chopped fine) 2.
 French dressing ½ cup. Celery (diced) 2 stalks.
 Anchovy filets 1 can.

Cut the anchovy filets in fine pieces, and mix all the above together, marinating for 15 or 20 minutes. Then mix all with mayonnaise.

MRS. H. E. PRINGLE.

Chicken Mousse Salad.

Chicken meat (shredded) 1 cup. Mayonnaise.
 Cabbage (chopped fine) 3 teaspoons. Egg (hard cooked, chopped) 1.
 Asparagus tips 1 small cup. Green pepper (minced, sliced) 2.

Mix all together and moisten with mayonnaise. Serve in lettuce.

MRS. W. A. HOFFMAN.

Chicken Mousse Salad.

Chicken stock 1 cup. Egg whites 2.
 Pinch of paprika. Salt ½ teaspoon.
 Chicken (cooked, cold) 1 cup. Pinch of celery salt.
 Water (cold) 2 tablespoons. Gelatin 2 teaspoons.
 Olives (chopped) 2 tablespoons. Cream (whipped) 1 cup.
 Button mushrooms (quartered) 10.

Heat the chicken stock, add seasoning, then gelatin which has been soaked in cold water. When dissolved add chicken finely chopped, mushrooms, beaten cream and beat well. Cut and fold in egg whites. Pour in buttered molds and chill 3 hours. Serve on lettuce leaves with mayonnaise.

MRS. HERBERT J. GENSEKE.

Chicken Mousse Salad.

Chicken (diced) 2 cups. Cream 1 cup.
 White pepper ¼ teaspoon. Milk 1 cup.
 Gelatin 1 tablespoon. Egg yolks 2.
 Celery salt ¼ teaspoon. Salt 1½ teaspoons.
 Chicken stock ½ cup. Onion juice ¼ teaspoon.

Scald ½ cup milk. Beat egg yolks slightly and add ½ cup milk and mix well. Pour the scalded milk over the mixture gradually and stir constantly. Add seasoning, and cook in double boiler until the mixture thickens, about 5 minutes. Add gelatin to the chicken stock and let it soak about 5 minutes. Then add to the hot mixture, and put in the diced chicken. Cool for 15 minutes, whip the cream and fold in. Pour into ring mold.

MRS. W. L. PURCELL.

Chicken and Pineapple Salad.

Chicken (cooked, cold, cubed) 3 cups. Salt to taste.
 Brazil nuts (blanched, sliced) 1 cup. Celery (diced) 1½ cups.
 Capers ¼ small bottle. Seedless grapes (green) 2 cups.
 Pineapple (canned, drained) 15 slices.

Mix chicken, celery, nuts, grapes and capers generously with mayonnaise. Season. Arrange slices of pineapple on individual nests of lettuce leaves. On these pile the chicken salad. Garnish with ½ sliced olive, a cherry or pimento strips.

E. M. SHAW.

Crab Salad de Luxe.

Crabmeat 1 pound can. Stuffed olives 2 dozen.
 Celery stalks. Lemon (juice only) 1.
 Eggs (hard cooked) 2. Mayonnaise 1½ cups.
 Lettuce 1 head. Tomatoes 2.

Rinse the crabmeat with cold water and flake, discarding the bones. Add to it the celery diced, eggs also diced, and sliced olives. Sprinkle lemon juice over all and mix lightly, add mayonnaise. Make cup of lettuce leaves on salad plates, place a thin slice of tomato, pile salad lightly on this and top with a spoonful of mayonnaise and dash of paprika.

EDA L. WILKINSON.

Duck Beet Salad.

Duck (cold, diced) 3 cups. Pickled beets (sweet) 1 cup.
 Celery (chopped) 2 cups. French dressing.

Dice and drain the beets, mix all together, marinating with French dressing. Arrange on crisp lettuce on plates, garnish with sprig of celery and a triangle of pineapple. Serve with mayonnaise.

CLARICE WINN SCHMALL.

Fish Salad.

Whitefish (cooked) 2 cups. French dressing ¼ cup.
 Lettuce 1 head. Cucumber (small) 1.
 Mustard (dry) ¼ teaspoon. Mayonnaise dressing.
 Watercress 1 small bunch. Onions (small) 2.
 Eggs (hard cooked) 2.

Separate fish into coarse flakes and marinate in French dressing. Shred the lettuce, chop the watercress and mustard and mix together. Put a layer in the bottom of the salad bowl and add a little peeled and diced cucumber and chopped onion. Add a layer of the fish and a small amount of mayonnaise. Over this sprinkle the chopped egg, then another layer of

lettuce and cress and continue until the fish is used up.

MRS. D. A. KELLEY.

Fish Salad Jellied.

Tuna, shrimp or lobster 1 cup. Pinch of cayenne.
Water (cold) $\frac{1}{4}$ cup. Gelatin 1 tablespoon.
Green pepper (chopped) $\frac{1}{2}$ cup. Mayonnaise $\frac{1}{4}$ cup.
Celery (chopped) $\frac{1}{2}$ cup.
Olives (chopped) 2 Paprika $\frac{1}{4}$ teaspoon.
tablespoons.

Soak gelatin in cold water five minutes. Stir into mayonnaise and add all other ingredients. Mold in any shaped pan (fish preferred) and let stand in icebox overnight. Serve with mayonnaise on lettuce.

MRS. M. J. CLAY.

Ham Salad.

Ham (boiled) $\frac{1}{2}$ pound. Celery 2 small stalks.
Chili sauce 1 small bottle. Tomatoes 2.
Eggs (hard cooked) 2.
Vinegar 1 tablespoon. Salt, pepper, mayonnaise.
Green pepper 1.

Mix chopped ham, cubed celery and tomatoes and chopped pepper together. Add chili sauce and mayonnaise, pepper, salt and vinegar. Then add the chopped eggs or use eggs as a garnish on top; chill thoroughly.

MRS. J. F. CURTIS.

Ham Salad.

Lettuce 1 small head. Beets (large) 4 or 5.
French dressing $\frac{1}{4}$ cup. Celery (chopped fine) $\frac{1}{2}$ cup.
Cream French dressing $\frac{1}{4}$ cup. Ham (chopped fine) 1 cup.

Use pickled beets or fresh cooked marinated in vinegar for an hour. Scoop out the centers, chop fine and mix with meat, celery and a few drops of onion juice, then marinate with plain French dressing. Fill beets with this mixture, topping with cream French dressing. Place beets on bed of lettuce and garnish top with chopped parsley or green pepper.

MRS. W. McKEE.

Ham and Potato Salad.

Ham (minced) 2 cups. Onion (small, minced) 1.
Potatoes (diced) 2 Salt 1 teaspoon.
Chili powder 1 tablespoon.
Sweet pickles (minced) $\frac{1}{2}$ cup. Eggs (hard cooked, diced) 4.
Mayonnaise.

Dissolve chili powder in small amount of boiling water and thoroughly mix with ham. Add the other ingredients, mix thoroughly and then add enough mayonnaise to hold ingredients together. Chill and serve on lettuce.

PAULINE H. SCHMIDT.

Herring Salad.

Holland herrings 4. Potatoes (good sized, boiled and diced) 2.
Chicken (left over, diced) 1 cup. Cucumber pickles (medium sized), 2.
Eggs (hard cooked) 4. Beets (boiled, diced) 1 cup.
French dressing 1 cup.

Clean, wash and soak the herring in fresh water for 10 hours, changing the water once. Separate the flesh so that the bones may be drawn out. Then cut in very small dice. Mix all together, the fish, chicken, eggs (whites and yolks diced separately), potatoes, pickles diced, beets and French dressing. Turn on to dish and serve.

MRS. AMELIA BECKER.

Lobster Salad.

Lobsters (small) 2. Mixed sweet pickles (chopped) $\frac{1}{2}$ cup.
Parsley 5 sprigs. Lettuce 1 head.
Mayonnaise.

Clean and cut lobster meat in small pieces, add chopped pickles, mix with $\frac{1}{2}$ cup mayonnaise, pile on lettuce and garnish with parsley.

MRS. MYRA B. ROALF.

Mincemeat Salad.

Gelatin 1 package. Mincemeat $\frac{1}{2}$ package.
Water (boiling) 1 pint. age.
Sugar $\frac{1}{4}$ cup. Water (cold) $\frac{1}{2}$ cup.
Salt $\frac{1}{8}$ teaspoon. Juice of 1 lemon.
Celery (diced) $\frac{1}{2}$ cup.

Soak gelatin in cold water 5 minutes, add boiling water and lemon juice, strain, add sugar, salt, mincemeat and celery, pour into molds. Serve on lettuce, with mayonnaise and paprika.

RUTH G. DECKER.

Pork Salad.

Celery 1 cup. Roast pork or other meat (ground) 1 cup.
Apples $1\frac{1}{2}$ cups. Carrots $1\frac{1}{2}$ cups.
Peas (cooked) 1 cup. Green pepper 1 cup.

Cut celery and apples in small pieces. The carrots and peppers put through the food chopper; add cooked peas, mix with boiled dressing, serve on lettuce leaves. On top of each serving place a piece of cooked egg and a strip of green pepper.

HELEN M. WHITEHURST.

Salmon Salad.

Salmon 1 can. Eggs (hard cooked) 2.
Celery 1 small stalk. Salad dressing $\frac{1}{2}$ cup.
Lettuce 1 head. Tomatoes (good sized) 2.
Stuffed olives 1 small jar.

Break up salmon and cut celery in small bits. Blend with any good dressing, wash and spread lettuce on platter. Put salmon down in center,

slice the tomatoes and eggs around and put the olives in between.

MRS. W. A. DREIER.

Scallop Salad.

Scallops $\frac{1}{2}$ pint. Pickled peppers or capers.
Celery, cabbage or lettuce (shredded). Vinegar.
Mayonnaise.

Soak the scallops in salt water an hour, then cook them in boiling salt water for 25 minutes, drain and cool. When cold sprinkle with vinegar. When salad is needed drain off the vinegar, if any remains. Arrange the scallops in a nest of shredded celery, cabbage or lettuce leaves, cover them with mayonnaise and decorate with thin slices of pickled peppers or capers.

MRS. MAUDE OBLANDER.

Shrimp Salad.

Shrimp (cooked or canned) 1 pound. Green onions 2.
Lettuce, olives, ripe tomatoes. Boiled dressing.
Celery 1 stalk.
Eggs (hard cooked) 2.

Cut shrimps, celery, eggs and onions into small pieces. Mix with enough dressing to stick together and chill. Serve on lettuce leaves, put a tablespoon of dressing on top and garnish with olives and quartered tomatoes.

MRS. SOPHIA B. POSVIC.

Sweetbread and Cucumber Salad.

Sweetbreads 2 pair. Pimentos (cut fine) 2.
Salt $\frac{1}{4}$ teaspoon. Cucumbers (medium sized) 2.
Mayonnaise 1 cup.

Soak sweetbreads in cold water for $\frac{1}{2}$ hour. Put into boiling water, salted, to which 1 tablespoon of vinegar has been added. Cook slowly 20 minutes. Drain and plunge into cold water to keep them white and firm. When cold remove the membrane. Cut the sweetbreads into small pieces. Peel and dice the cucumbers. Mix sweetbreads, cucumbers and pimentos. Add the salt and mayonnaise. Serve on crisp lettuce leaves and garnish with a dash of paprika.

MRS. GEORGE A. REED.

Supreme Salad.

Ham (boiled or baked) 1 pound. Onion or green pepper (small) 1.
Carrots (large) 6.

Wash carrots, peel onion, put all ingredients in food chopper. Mix with

$\frac{1}{2}$ cup mayonnaise, serve on lettuce leaves with slices of hard-cooked eggs.

MILDRED BLOCK.

Tongue Salad.

Calf tongue 1. Few stalks of celery.
Carrots 2 to 5. Peas (tiny) 1 small
Green pepper 1 can.
Gelatin mixture. Lettuce leaves and
Eggs (hard cooked) 4 mayonnaise.
to 6.

Wash and scrape the tongue. Cover with water, bring to a boil and let simmer about 3 hours. Then skin, let cool and dice it. Dice or slice the carrots, celery, eggs and green pepper. Add the peas and mix all together. Add to a plain gelatin mixture and spread in pan to set. Cut square portions and serve on crisp lettuce leaves with mayonnaise.

EVELYN COLE PETERS.

Tuna Fish Salad.

Tuna fish 1 small Celery (finely cut) 1
can. cup
Radishes (thinly sliced) $\frac{1}{4}$ cup. Mayonnaise 3 table-
Sweet cream 2 ta- spoons.
blespoons. Cottage cheese 1 pint.

Pick the fish apart with a fork, add the celery, radishes and mayonnaise mixed with cream. Put lettuce leaves around sides of meat platter and place cottage cheese seasoned in the center. Place fish, etc., around the cheese. Garnish with green and ripe olives and radishes. At each end of the platter place a thin slice of lemon.

MRS. L. F. NIEBAUER.

Veal Salad.

Veal (cold) 2 cups. Pickles 2.
Green pepper $\frac{1}{4}$ cup. Celery $\frac{1}{2}$ cup.
Onion (chopped) 1 ta-
Salad dressing $\frac{1}{2}$ blespoon.
cup. Vinegar 3 tablespoons.

Cut meat, celery and pepper and pickles in small pieces. Put all in bowl, sprinkle with vinegar, let stand about an hour. When ready to serve add salad dressing, a dash of pepper, mix well and serve

MRS. A. M. DANIELS.

Veal Salad.

Veal (cooked, cut up small) 2 pounds. Onion (grated) $\frac{1}{2}$.
Celery stalks (small, cut up small) 2. Peas (tiny) 1 small
Eggs (hard cooked, cut up small) 2. can.
Salad dressing with a little lemon.

Mix the above well and serve on a lettuce leaf with a dash of paprika.

MRS. H. BAUER.

FRUIT SALADS.**Apple Salad.**

Lemon gelatin 1 package.
Jonathan apples (large, chopped) 2.
Nuts (chopped) ½ cup.
Orange (diced) ½ cup.
Cream (whipped) 1 pint.

Water (for gelatin) 2 cups.
Celery (chopped fine) ¼ cup.
Tokay grapes (halved and seeded) ¼ cup.
Strawberry gelatin 1 package.

Make and chill the gelatin. Prepare apples, celery, grapes, nuts and orange and mix with mayonnaise, using only enough to make it mix well. Place lettuce leaf on plate, on it a spoon of each kind of gelatin topped with the fruit and nut mixture. Top the salad with whipped cream and nuts.

MRS. CAROL DILLON.

Apple Salad.

Apples (large) 3.
Lemon gelatin 1 box.

Cinnamon drops.
Sugar 1 cup.
Peel, halve and core the apples, drop them into boiling sugar sirup, with cinnamon drops to color the apples red. Cook until apples are tender. Dissolve the gelatin in 2 cups water to which sugar has been added. When gelatin is thoroughly dissolved pour into individual molds over the apples, half an apple to a mold, and set away to chill. Serve on bed of shredded lettuce, with milk dressing or mayonnaise.

MRS. J. CROWLEY.

Baked Apple Salad.

Apples (large) 3.
Citron (minced) 2 tablespoons.
Mayonnaise ½ cup.
Cream (whipped) ½ cup.
Almonds (shredded) 2 tablespoons.
Citron (shredded) 2 tablespoons.

Halve the apples crosswise, remove core from each half and brush cut surfaces lightly with melted butter. Fill the cavities with mixture of currants, citron and brown sugar, allowing about a heaping teaspoonful for each apple. Sprinkle a teaspoon of the shredded almonds over each half. Place in a covered dripping pan with a bit of water and bake 20 minutes in moderate oven, then cool. Serve with dressing of whipped cream and mayonnaise, with remaining citron and almonds sprinkled over all.

M. KAUFFMANN.

Apple Cranberry Salad.

Cranberries (cooked) 1 quart.
Apples (uncooked, diced) 1½ quarts.

White grapes ½ pound.
Nut meats ¼ pound.
Juice of 1 orange.
Juice of 1 lemon.

Cut apples fine and mix with lemon and orange juice. Halve grapes and seed them. Mix all together and grate a little lemon rind over them. Mix with mayonnaise and serve on lettuce leaves.

MRS. S. FINNAN.

Apple and Date Salad.

Apples (medium tart) 5.
Almonds (chopped) ¼ cup.
Mayonnaise ½ cup.
Lettuce leaves.

Paprika.
Dates (chopped) ½ cup.
Horseradish 1 table-spoon.

Peel and dice apples, add to them the chopped dates and almonds. Prepare the dressing by adding horseradish to mayonnaise, pour this over fruit and mix lightly. Arrange on lettuce leaves and sprinkle with paprika.

KATHRYN PALMITER.

Apple Salad with Cheese.

Apples (large, cored, pared) 5.
Cloves 3.
Red coloring 1 table-spoon.

Nuts (chopped).
Sirup.
Cinnamon 1-inch stick.
Cream cheese.
Mayonnaise.

Cook the apples in sirup made of equal measures of sugar and water, add the cloves, cinnamon and coloring to the sirup. Cook the apples until tender but not soft. When cold fill cavities with a paste made of cream cheese softened with cream and mixed with chopped nuts. Shape the apples like bells. Serve on crisp lettuce leaves surrounded by little snowballs made of cream cheese separated by small mounds of mayonnaise dotted over lightly with the shavings of apple cut into very tiny bits.

MRS. J. B. BROOKE.

Apple Salad.

Apples (ripe) 6.
Coconut (shredded) 1 table-spoon.
Sugar 2 table-spoons.

Marshmallows 2.
Orange (small) 1.
Dates 6.
Cream ½ cup.

Peel, core and cut apples in small dice and mix with cream in salad bowl. Cut dates, marshmallows and orange pulp in small pieces. Add this with sugar and shredded coconut to the apples and cream. Mix lightly. Serve in beds of lettuce or on individual salad plates.

MRS. MAMIE I. SWINK.

Apple, Orange, Pear and Grapefruit Salad.

Apple slices.
Alligator pear.

Orange.
Grapefruit.

Slice the apple in shape of orange section. Remove the white outer fibers on orange, peel the pear and cut in orange section shape. Peel the grapefruit and remove the white fibers. Arrange the fruit in center of plate, putting together as separate sections of orange would lie with small crisp lettuce leaves around. Fruit should lie flat and placed symmetrically. Serve with French dressing.

MRS. ROLLAND M. HASTINGS.

Stuffed Apple Salad.

Apples 5.
Cheese (grated) $\frac{1}{2}$ cup.
Red cinnamon candies $\frac{1}{2}$ cup.
Mayonnaise.
Lettuce leaves (crisp).
Celery (chopped) $\frac{1}{2}$ cup.
Nuts (chopped) $\frac{1}{4}$ cup.
Sugar 1 cup.

Peel the apples and carefully remove core. Put the cinnamon candies in a quart of water with 1 cup sugar, add the apples and cook at a medium rate until apples are tender and firm. Cool the apples and place on lettuce. Mix the remaining ingredients and insert in center of apple. Garnish with mayonnaise and grated cheese.

ERMA E. TORBERT.

Apricot Cheese Salad Ring.

American cheese (soft) $\frac{3}{4}$ cup.
Stuffed olives (chopped) 2 teaspoons.
Gelatin 1 tablespoon.
Apricot sirup (hot) 1 cup.
Cream (whipped) 1 cup.
Lettuce 1 head.
Tomato (sliced) 1.
Pickles (chopped) 2 teaspoons.
Salt $\frac{1}{2}$ teaspoon.
Water (cold) $\frac{1}{4}$ cup.
Apricots 1 small can.
Mayonnaise $\frac{1}{4}$ cup.
Pineapple 1 small can.
Orange (sliced) 1.

Soften the gelatin in cold water for 5 minutes. Dissolve in hot fruit juice. Chop cheese fine and add to hot gelatin mixture. Beat until cheese melts. When cool add seasonings. Fold in cream and mayonnaise. Chill a ring mold of 1 pint capacity. Place in the bottom of the mold 6 halves of canned apricots with a "stem" of green pepper laid between the halves. Add cream and cheese mixture. Chill and let set. Then invert on serving platter, fill salad with mayonnaise in ring (have mayonnaise colored to match apricot color). Surround platter with lettuce leaves

and pineapple, tomato, orange and cherry garnish.

MRS. L. G. HOWLETT.

Apricot Jelly Salad.

Apricots 1 No. 2 $\frac{1}{2}$ can.
Candied orange peel $\frac{1}{2}$ cup.
Gelatin 1 $\frac{1}{2}$ table-
spoons.
Juice of $\frac{1}{2}$ lemon.
Pecan meats $\frac{1}{2}$ cup.

Dissolve gelatin, using $\frac{1}{4}$ cup cold water and $\frac{1}{4}$ cup hot water. Add to other ingredients. Be sure to have the orange peel in short pieces. Serve with mayonnaise dressing with either fruit juice or whipped cream.

MRS. MARGARET DEFOUW.

Argyle Salad.

Apricots 1 can.
Lettuce leaves.
Egg yolks 4.
Sugar 1 tablespoon.
Mustard (dry) 1 teaspoon.
Marshmallows (chopped) 12.
Salt 1 teaspoon.
Few grains of red pepper.
Pecan nut meats (chopped) $\frac{1}{2}$ cup.
Vinegar 4 tablespoons.
Butter 1 teaspoon.
Cream (whipped) 1 cup.

Drain the apricots and lay them on crisp lettuce leaves. Put egg yolks into a double boiler, add vinegar, sugar, salt, mustard, red pepper and butter and stir them over the fire until they have cooked 5 minutes. Allow to cool, then add the whipped cream and beat all thoroughly together. Then add nuts and marshmallows. Place a spoonful of dressing on each plate of salad.

MRS. S. P. KENNEDY.

Autumn Salad Supreme.

Gelatin 1 table-
spoon.
Nut meats (chopped) $\frac{1}{2}$ cup.
Celery hearts (chopped) $\frac{1}{2}$ cup.
Apple cider 2 cups.
Water (cold) 2 table-
spoons.
Apples (tart, diced) 1 cup.

Soak gelatin in cold water, bring cider to boil and pour over softened gelatin. When it begins to jell fold in the apple, celery and nut meats and pour in individual molds. Unmold on lettuce nests and serve with mayonnaise.

CORA E. BAKER.

Banana and Date and Nut Salad.

Bananas 5.
Dates 15.
Egg yolks (well beaten) 3.
Cream (whipped) $\frac{1}{2}$ cup.
Paprika $\frac{1}{2}$ teaspoon.
Maple sirup $\frac{1}{4}$ cup.
Nut meats (chopped).
Salt $\frac{1}{4}$ teaspoon.
Lemon juice $\frac{1}{2}$ table-
spoon.

Peel and scrape the bananas and cut in 6 balls from each banana, using vegetable cutter or small teaspoon. Roll banana balls in nut meats until heavily coated. Remove

stones from dates and stuff them with oval pieces cut from the remnants of bananas. Put 3 dates and 6 banana balls on each salad serving. Heat the sirup to boiling, pour in fine stream over egg yolks, beating constantly. Cook a minute, stirring all the time. Remove from fire, chill, add salt, paprika and lemon juice. Chill and just before serving fold in whipped cream. MRS. J. RENNEBAUM.

Banana and Pineapple Salad.

Lettuce leaves. Bananas 3.
Pineapple 6 slices. Lime gelatin.

Slice the bananas. Place on each plate 2 lettuce leaves, a half of a banana, a slice of pineapple and cubes of lime gelatin. Sprinkle with chopped nuts and serve with dressing. MISS T. JOHNSON.

Cantaloupe Salad.

Lemon gelatin 2 ta- Water (boiling) 1 cup.
blespoons. Sugar 1 tablespoon.
Cantaloupe (medi- Whipping cream ½
um sized) 1. bottle.
Salt ¼ teaspoon.

Dissolve the gelatin in 1 cup boiling water and juice of cantaloupe. Extract what juice is possible, then pour a cup of boiling water over the seeds and add this water. When gelatin is slightly thickened add cantaloupe which has been scooped out in small bits, sugar, salt and whipped cream. Chill and serve with whipped cream. MRS. NELLIE M. LITTLE.

Cantaloupe Salad.

Cantaloupe 1. Banana 1.
Red raspberries 1 Lemon juice 1 table-
pint. spoon.
Sugar 3 tablespoons. Cream (whipped) 1
Lettuce. cup.

Peel and dice the cantaloupe. Wash and drain water from raspberries. Slice the banana. Gently mix the fruits together, adding lemon juice and sugar. Serve on crisp lettuce leaves, garnishing with slightly sweetened whipped cream. MRS. E. A. KELLY.

Cantaloupe Salad.

Melons 2. Cucumber 1.
Dash of pepper. Salt ½ teaspoon.
Sugar 1 teaspoon. Olive oil 1 tablespoon.
Vinegar 1 table- Cream (whipped) ½
spoon. pint.
Cinnamon. Lettuce.

Cut the melons in half, remove seeds. Cut meat in dices. Cut cucum-

ber in pieces. Marinate in salt and vinegar. Make dressing of dash of pepper, salt, sugar, olive oil, vinegar. Stir in whipped cream flavored with cinnamon. Place lettuce leaves in half a melon shell and fill with salad. BETTY BURKERT.

Cherry Salad.

Red sweet cherries Sugar ¼ cup.
(large) ½ pound. Red coloring ⅛ tea-
Gelatin 1 table- spoon.
Lemon juice 1 ta- Orange juice ½ cup.
blespoon. Water ⅔ cup.
Pecans ½ cup.

Boil water and sugar for a minute. Add color paste. Add gelatin which has soaked in orange and lemon juice for 5 minutes. Stir until dissolved. Remove stones from cherries and stuff with half a pecan. Place in 5 small individual molds. Pour hot gelatin mixture over cherries and when cold set in icebox. When stiff turn out on lettuce leaves and serve with cheese salad dressing, made with cream cheese, sugar, salad oil, vinegar and seasonings to taste. MRS. DON C. WRAY.

Black Cherry Salad.

Black cherries. Pecan meats.
Egg yolks 2. Cherry juice 4 table-
Sugar 2. table- spoons.
Pineapple slices. Cream (whipped) 1
cup.

Drain the cherries and stuff with pecans and arrange on slice of pineapple on lettuce leaf. Cook the eggs, cherry juice and sugar until mixture thickens, stirring constantly. Cool thoroughly and add the cream. Serve as dressing for salad. CARRIE ASHTON JOHNSON.

Cherry Fruit Salad.

Queen Anne cher- Bing cherries.
ries. Peanut butter.
Apricots (canned). Fruit mayonnaise.
Pecans (salted).

Fill centers of Queen Anne cherries with peanut butter. Replace pits of Bing cherries with salted pecans. For each individual serving place a large apricot half on a bed of lettuce convex side up. Arrange the cherries as a border around the apricot, alternating the white and purple. Place a heaping tablespoon of fruit mayonnaise on top the apricot.

Orange juice $\frac{1}{2}$ cup.
 Apricot juice $\frac{1}{4}$ cup.
 Sugar 2 teaspoons.
 Cream (whipped) 1 cup.

Egg yolk 1.
 Butter 1 teaspoon.
 Lemon juice $\frac{1}{4}$ cup.
 Cornstarch 2 table-
 spoons.
 Salt $\frac{1}{4}$ teaspoon.

Heat the fruit juices in double boiler. Add sugar, cornstarch and salt, mixed together for 15 minutes. Add egg yolk and cook until thickened. Add butter and beat well. When cold mix with equal quantity of whipped cream.

MRS. HAROLD A. GREAVES.

Cherry-Nut Salad.

Lettuce 1 head.
 Cherries (large) 1 large can.
 Hazelnuts (shelled) 1 cup.

Remove stones from cherries and replace with shelled hazelnuts. Place with lettuce leaves on salad plates. Use either a French or mayonnaise dressing.

MRS. MINNIE T. ELLIS.

Chop Suey Fruit Salad.

Figs (chopped) 1 cup.
 Prunes (chopped) $\frac{1}{2}$ cup.
 Lemon juice 2 table-
 spoons.
 Pineapple (diced) $\frac{1}{2}$ cup.
 Filberts $\frac{1}{2}$ cup.
 Cream (whipped) $\frac{1}{2}$ cup.
 Dates (chopped) $\frac{1}{2}$ cup.
 Raisins (chopped) $\frac{1}{2}$ cup.
 Cream salad dressing $\frac{1}{2}$ cup.

Mix salad dressing and whipped cream and combine with the rest of the ingredients.

MABEL H. KENNEDY.

Cranberry Salad.

Cranberries (raw) $\frac{1}{2}$ pound.
 Apples (raw, diced) 2 cups.
 Carrot (raw, ground) $\frac{1}{4}$ cup.
 Sugar $\frac{1}{2}$ cup.

Steam and wash cranberries. Scrape carrots. Grind the cranberries and carrots through coarse knife of food chopper. Use the juice. Dice the apples, without peeling. Mix cranberries, carrots, sugar. Stir up and add apples last. Chill and serve on lettuce leaf.

MISS KATIE EDWARDS.

Cranberry Salad.

Lemon jelly powder 1 package.
 Cranberries (raw) 2 cups.
 Celery (chopped) $\frac{1}{2}$ cup.
 Orange (put through grinder) 1.
 Water (boiling) 1 cup.
 Sugar $\frac{3}{4}$ cup.
 Apple (small, chopped fine) 1.

Dissolve jelly powder in boiling water. Put cranberries through grinder and sprinkle with sugar. Let stand while preparing other ingredients. Add to cranberries, and when juice is flowing well and jelly has begun to stiffen add the mixture to

jelly. Pour into a flat pan and chill. Serve on lettuce with mayonnaise. This is an excellent salad to serve with meat.

MRS. WAYNE GARD.

Cranberry Salad.

Gelatin 2 table-
 spoons.
 Cranberries 1 quart.
 White grapes 2 cups.
 Water (cold) $\frac{1}{2}$ cup.
 Celery (diced) $\frac{1}{2}$ cup.
 Mayonnaise (colored green).

Dissolve the gelatin in cold water. Cook the berries in 3 cups water until soft, then strain into gelatin, stir and let cool. Then add celery, slightly salted. Pour into individual ring molds. Allow to set in refrigerator. Seed and cut grapes in halves, and chill. Turn cranberry gelatin on lettuce. Fill center with white grapes and serve with mayonnaise.

MRS. MAE NORTON.

Cranberry Salad.

Cranberries 4 cups.
 Gelatin 2 table-
 spoons.
 Sugar 2 cups.
 White grapes 1 cup.
 Celery 1 cup.
 Nuts 1 cup.
 Water (boiling) $\frac{3}{4}$ cup.
 Water (cold) $\frac{1}{2}$ cup.
 Nuts 1 cup.
 Pineapple or apple (diced) 1 cup.

Pick over and wash berries. Add boiling water and let boil until cranberries are soft. Rub through a sieve and add sugar and gelatin which has been soaked in cold water. Bring to the boiling point and allow to cool. Then add fruit. Turn into molds and chill.

MRS. L. R. SELLERS.

Cranberry Cheese Salad.

Cranberries 2 cups.
 Sugar 1 cup.
 Water $\frac{1}{2}$ cup.
 Cream cheese 1 package.
 Few grains salt.
 Maraschino cherries 12.
 Lettuce 1 head.
 Mayonnaise.

Wash and pick over cranberries. Add water and sugar, place over flame. Mash and stir until boiling and cook vigorously 10 minutes, stirring occasionally. Force through sieve, pour into large or individual molds and set aside to become firm. Cut into ball shapes with vegetable cutter. Season cheese with few grains of salt and mold into balls. Arrange on shredded lettuce, alternating cheese and cranberry balls. Garnish with maraschino cherries and serve with mayonnaise.

MRS. W. J. PATCHEN.

Date Salad.

Lettuce leaves. Peaches (sliced) or
 Red cherries pineapple (shred-
 (stoned). deded).
 Dates (stoned).

Arrange 3 lettuce leaves on salad plate. Pile stoned dates on one, cherries on another and peaches or pineapple on the third. Pile mayonnaise which has been blended with whipped cream in the center.

MRS. E. W. SMITH.

Date and Cheese Salad.

Cream cheese 1 Lemon juice 1 table-
 package. spoon.
 Salt $\frac{1}{2}$ teaspoon. Evaporated milk $\frac{1}{2}$
 Pecans (salted) 10. cup.
 Dates 8.

Mash cheese with a fork. Scald milk and blend with cheese; chill. Cut dates and nuts into very small pieces and add to cheese mixture. Place in mold and freeze. Unmold, cut, garnish with lettuce and orange slices, and mayonnaise if desired.

MRS. M. D. SMITH.

Date Salad.

Dates 1 cup. Coconut 1 cup.
 Figs 1 cup. Oranges 3.
 Bananas 3. Apples 3.
 Celery 1 bunch. Walnuts $\frac{1}{2}$ cup.
 Cream $\frac{1}{2}$ pint.

Chop all except the dates into pieces. Mix all together carefully with mayonnaise. Pile in sherbet cups and put a spoonful of sweetened whipped cream on top and surround with dates cut in four pieces.

MRS. H. BUSTERFELD.

Friar's Salad, Fig.

Dried pulled figs. Celery (diced) $1\frac{1}{2}$
 Cream cheese. cups.

Split figs and lay open flat. Spread over with a mixture of cream cheese softened with cream. Roll like a jelly roll and cut into slices. Mix $1\frac{1}{2}$ cups sliced figs with celery and arrange on lettuce leaves. Serve with:

Eggs 2. Juice of a lemon.
 Sugar 2 tablespoons. Butter 1 tablespoon.

Beat the eggs to a froth, gradually add juice of a lemon, sugar and butter. Cook over hot water until thick and fold in 1 cup whipped cream.

MRS. W. C. PAEPKE.

Pickled Fruit Salad, Figs.

Figs (pickled) 5. Peaches (pickled) 5.
 Pears (pickled) 4. Cherries (canned) 20.

Cut figs, peaches and pears into cubes, and mix well with a fork. Chill

and serve on lettuce. On top of each salad pour tablespoon of chilled French dressing, dash of allspice, and sprinkle 4 quartered cherries over top.

MRS. ANNABEL JOHNSON.

Gelatin Salad.

Gelatin 3 teaspoons. Water (cold) $\frac{1}{4}$ cup.
 Apples (red) $\frac{1}{2}$ cup. Pineapple (crushed)
 Grapes (green) $\frac{1}{2}$ 4 teaspoons.
 cup. Celery $\frac{1}{2}$ cup.
 Sugar $\frac{1}{2}$ cup. Ginger ale 1 cup.
 Lemon juice 3 tea- Water (boiling) $\frac{1}{2}$
 spoons. cup.

Soak the gelatin in cold water 5 minutes. When it has set, but not too stiff, add water, fruits, celery and ginger ale. Serve with mayonnaise.

MRS. ROSE WENDT.

Ginger Ale Salad.

Water 1 cup. Sugar 1 cup.
 Ginger ale 1 pint. Lemon gelatin 4 ta-
 Lemon juice 2 tea- blespoons.
 spoons. Pineapple 1 large can.
 Orange (grated Orange juice $\frac{1}{2}$ cup.
 rind) $\frac{1}{4}$. Almonds (shredded).

Drain juice from pineapple and dice. Dissolve sugar in pineapple juice, 1 cup water, orange juice and lemon juice. Heat to boiling and dissolve gelatin in it. Cool and add orange rind, diced pineapple, shredded almonds and ginger ale. Pour in deep dish or individual molds and chill in refrigerator. Serve on crisp lettuce leaf and top with mayonnaise and cream cheese ball rolled in chopped nuts.

MRS. ALBERTA MATHER.

Grape Salad.

Seedless grapes Celery (finely diced)
 (sweet) 3 cups. $1\frac{1}{2}$ cups.
 Nuts (coarsely Dates (chopped) $\frac{1}{2}$
 chopped) 1 cup. cup.

Wash and thoroughly dry grapes. Halve if large. Mix celery, nuts and dates with grapes and serve on lettuce with mayonnaise or boiled dressing. Garnish with maraschino cherries.

MRS. MARIE SCHRECH.

Grape and Pineapple Salad.

White grapes. Pineapple.
 Brazil nuts (coarse- Apple
 ly cut). Celery.
 Boiled dressing.

Remove skin and seeds from white grapes, add an equal quantity of pineapple, apple and celery. Wash in ice-cold water and dry, add a cup of Brazil nuts. Moisten with a boiled salad dressing and serve on lettuce leaves.

MISS JESSIE J. WILGER.

Grapefruit Salad.

Grapefruit sections. Pearl onions.
French dressing. Lettuce leaves.

Cut grapefruit in halves and carefully take out sections. Mix with a few pearl onions, cover with a French dressing and serve on lettuce leaves.

MRS. JENNIE LAWSON.

Grapefruit Salad.

Grapefruit juice $\frac{1}{2}$ cup. Grapefruit (shredded) $\frac{1}{2}$ cup.
Oranges (shredded) $\frac{1}{2}$ cup. Onion juice $\frac{1}{2}$ tea-
 $\frac{1}{2}$ cup. spoon
Gelatin 2 table- Sugar $\frac{3}{4}$ cup.
spoons. Mayonnaise.
Lettuce.

Soak gelatin in $\frac{1}{2}$ cup cold water for 5 minutes. Dissolve in $\frac{1}{2}$ cup boiling water, add sugar and cool. Then add onion juice, grapefruit, orange and grapefruit juice. Chill in molds until set and serve on lettuce. Garnish with mayonnaise and narrow strips of pimento.

MRS. EDWARD BRYANT.

Grapefruit and Crabmeat Salad.

Crabmeat 1 can. Celery 1 stalk.
Mayonnaise. Grapefruit 1.
Lemon rind 1. Tomatoes (large) 5.

Pare the grapefruit, separate the sections carefully and cut into 1-inch dice. Add the celery cut fine, the crabmeat drained and flaked. Put the grated lemon rind over this; just before serving mix with rich mayonnaise. Scald and peel the tomatoes. Slice off top and remove the inside. Fill with this mixture of fish, etc. Serve on bed of watercress.

MRS. ROSE ROWE.

Grapefruit, Orange, Etc., with Cheese.

Grapefruit (large) 1. Olive oil 4 tablespoons.
Oranges (large) 2. Grape juice 1 table-
White grapes 1 cup. spoon.
Red grapes 1 cup. Vinegar 1 tablespoon.
Pears 2. Paprika $\frac{1}{4}$ teaspoon.
Pepper $\frac{1}{4}$ teaspoon. Roquefort cheese
Pecan nuts (chopped (chopped fine) 1 ta-
fine) $\frac{1}{2}$ cup. blespoon.

Cut pears, grapefruit and oranges in sections, remove seeds and membrane. Seed the grapes. Mix ingredients, add the nuts. Arrange on a bed of romaine and pour over the following dressing: Mix the olive oil, grape juice, vinegar and paprika, pepper and cheese.

STEPHANIE WEISS.

Grape Gelatin Salad.

Grape juice 1 cup. Gelatin $\frac{1}{2}$ table-
Water (cold) $\frac{1}{4}$ cup. spoons.
Water (boiling) $\frac{1}{2}$ cup. Orange juice $\frac{1}{4}$ cup.
cups. Sugar $\frac{1}{2}$ cup.
Bananas 3.

Soak gelatin in cold water for 5

minutes, then add boiling water and sugar. Slice bananas and cover with orange juice. Add grape juice to gelatin and pour in bottom of wet mold. When firm, cover with drained bananas and more jelly; let this set and continue by degrees until mold is full. Serve with mayonnaise colored red with sirup from canned fruit or melted currant jelly and with whipped cream added.

MRS. JOHN HELLER JR.

Grape Salad.

White grapes (large) Mayonnaise $\frac{1}{2}$ cup.
2 cups. Coconut (shredded) $\frac{1}{2}$
Nuts (chopped) 1 cup.
cup. Cream (whipped) $\frac{1}{2}$
Celery (shredded) 1 cup.

Remove skins and seeds from grapes. Add celery, nuts and coconut. Mix the mayonnaise and cream and add to grapes, etc. Mix all together just before serving individually on crisp lettuce leaves topped with maraschino cherry.

MRS. VIOLA PEFFLY.

Orange Salad.

Gelatin 2 table- Water (cold) $\frac{1}{2}$ cup.
spoons. Water (hot) $\frac{1}{2}$ cup.
Sugar 1 cup. Lemon 1.
Orange juice 1 cup.

Dissolve gelatin in cold water, sugar in hot water, and add gelatin. Remove from fire, add lemon and orange juice and turn in molds. If fruit is wanted add 4 slices pineapple, 2 bananas, 6 marshmallows, 6 maraschino cherries.

MRS. C J. HUTTGREIN.

Orange Flower Salad.

Hearts of lettuce Tangerine or orange
leaves. slices.
Maraschino cherries. Pineapple strips.
Cucumber rosette Paprika.
dressing.

Border individual salad plates with lettuce leaves; inside arrange slices of oranges, radiating outward from the center. Inside the orange place segments of maraschino cherries, cut the cherries in eighths, make next row of strips of pineapple. Build the salad up toward the center and top each with a rosette of cucumber whipped-cream dressing, dotted with paprika.

MRS. MARY H. TALBOT.

Orange Gelatin Salad.

Water (boiling) 1 $\frac{1}{2}$ Lime gelatin 1 pack-
cups. age.
Oranges or pears. Mayonnaise.

Dissolve gelatin in boiling water.

Place in mold to harden, then cut mold in squares and place on lettuce leaves. On the side of gelatin place a slice of seedless orange or a pear half. Pour over all mayonnaise thinned with orange or pear juice.

DORIS HORN.

Orange and Onion Salad.

Oranges.	Onions.
Sugar 1 teaspoon.	Oil 6 tablespoons.
Salt $\frac{1}{4}$ teaspoon.	Paprika $\frac{1}{4}$ teaspoon.
Lemon juice 2 table- spoons.	Lettuce leaves.

Peel and slice the oranges and onions and place alternately on lettuce leaves. Pour a dressing of the remaining ingredients thoroughly mixed over this.

MRS. T. MEYNIER.

Peach Salad with Cheese.

Peaches (spiced) 5	Cream cheese.
or 6.	Lettuce leaves (crisp).

Make a patty of cheese on lettuce and place the spiced peach on it. Pour over a little French dressing.

MRS. FAIRIE L. TEFFT.

Stuffed Peach Salad.

Peach halves 10.	Lettuce.
Almonds (minced fine) 12.	Celery heart (tender, cut fine) 1.
Mayonnaise 1 table- spoon.	Cream (whipped) 1 table- spoon.

Shred lettuce in strips, arrange on plate forming nests. Place on a peach half, cavity side up. Stuff with a mixture of the remaining ingredients. Place another peach half on top to resemble whole peach. Serve with a dressing made of one part mayonnaise to two parts whipped cream. Place over the peach, then a spoon of cranberry jelly on the dressing and a garnish of parsley.

MRS. R. H. WITT.

Spiced Peach Salad.

Sliced peaches 1	Sugar $\frac{3}{4}$ cup.
medium-sized can.	Cinnamon 2 teaspoons.
Vinegar $\frac{1}{2}$ cup.	Cloves (ground) $\frac{1}{2}$
Nutmeg 1 teaspoon.	teaspoon.
Orange gelatin 1 pkg.	Water (boiling) 1 cup.

Boil peaches, sugar, vinegar and spices, put in a bag together, for 15 minutes slowly. Dissolve gelatin in boiling water and mix with peaches. Let jelly and serve on lettuce with mayonnaise.

MRS. WILLIAM LOYD MELLETT.

Avocado Pear Salad.

Avocado pear (large).	Pineapple 5 slices.
Juice of 1 lemon.	Malaga grapes 1 cup.

Peel and seed the avocado. Dice

and squeeze the juice of a lemon over it and let stand for a few minutes. Peel and seed the grapes and cut in halves. Place a slice of pineapple on crisp lettuce leaf. Mix the pear and grapes with a little mayonnaise and put a mound of the mixture on top of the pineapple and top with a dab of whipped cream.

MRS. A. M. COOP.

Pear Salad.

Lettuce 1 head.	Candied ginger 2 ta- blespoons.
Pears 5.	

Core, peel and cut the pears in halves. Arrange leaves of lettuce on salad plates, allowing 2 halves for each serving. Pour a tablespoon of salad dressing over pears and sprinkle grated candied ginger on top.

Evaporated milk 1	Vinegar 1 cup.
15-ounce can.	Egg 1.

Drain milk in salad bowl, add egg and beat well, then add vinegar and beat 10 minutes. Will thicken by standing.

MRS. M. F. HART.

Pear Salad.

Pears 1 large can.	Lettuce 1 head.
Whole cranberry sauce 5 teaspoons.	Coconut.

Arrange lettuce on serving plates. Cut each pear half in quarters and arrange 4 quarters to resemble petals of a flower; in the center of each place a teaspoon of cranberry sauce. Sprinkle a little coconut over all and top with a spoon of cooked salad dressing.

MRS. WILLIAM B. WEBBER.

Pear Salad.

Pears 5.	Butter 1 teaspoon.
Cream 1 tablespoon.	Cream cheese 1 pack- age.
Pinch of salt.	
Seedless grapes.	Lettuce leaves.

Cut the pears in halves lengthwise and remove the seeds. Cream together the butter, cream, cheese and salt and spread it on the curved sides of the halved pears. Then arrange seedless grapes on it to give the effect of a bunch of grapes. Place on a lettuce leaf and cover with French dressing.

MRS. GEORGE WHITE.

Cactus Salad.

Pear halves.	Jumbo peanuts.
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Have either canned pears or stew fresh ones. Strain the juice from the pears and place on the fire with a

bag of mixed spices hanging in the liquid. If the juice is not sweet enough add granulated sugar to taste. When this has simmered for about 20 minutes, prepare pears. Insert pears in pear flesh until pear is covered with the nut "spines." Serve on shredded lettuce with juice dressing and mayonnaise.

MADELAINE ARCHER.

Jellied Pear Salad.

Cream cheese 1 package.	Sugar $\frac{3}{4}$ cup.
Pear halves (canned) 4.	Stuffed olives 4.
Gelatin 1 table-spoon.	Pimento strips.
	Water (boiling) $\frac{1}{4}$ cup.
	Lemon juice $\frac{1}{4}$ cup.

Mix cream cheese with chopped olives and fill cavities of pears. Garnish with strips of pimento. Soften gelatin in cold water, sugar and lemon juice. Stir until sugar is dissolved. Let this cool. Cover the bottom of individual molds with jelly and let set. Place a stuffed pear in each mold upside down and cover with lemon jelly. Let stand until firm. Turn on lettuce and serve with cream dressing.

MRS. L. P. BRANCH.

Pear Supreme Salad.

Bartlett pears 2 $\frac{1}{2}$ size can.	1 No. Maraschino cherries 1 small bottle.
Orange gelatin package.	1 Lemon gelatin 1 package.
Water (boiling) 1 quart.	

Dissolve lemon and orange gelatin in the boiling water. When cold but not set pour into ring mold. Put pear halves cut side down in mold just so the edges touch each other all the way around, leaving no space in between. Drop cherries in between pears in even design. When ready for use unmold on a large flat round plate. Tuck the inside leaves of iceberg lettuce around the edges of salad. Fill the opening in the center of mold with the following dressing:

Pulverized sugar cup.	Juice of 1 $\frac{1}{2}$ lemons.
Egg whites 2.	Egg yolk 1.
	Salt $\frac{1}{2}$ teaspoon.

Beat egg yolk well with the sugar. Add the salt and lemon juice. Beat the egg whites stiff. Mix with the other ingredients and beat all to a stiff froth. Pile in the center of salad.

MRS. F. F. WHITE.

Pineapple Salad.

Pineapple 1 large can.	Egg (whole) 1.
Sugar $\frac{1}{2}$ cup.	Cornstarch 2 table-spoons.
Whipping cream $\frac{1}{2}$ pint.	Nut meats (chopped) 1 cup.
Marshmallows (chopped) 1 cup.	Pears (cubed) 1 cup.
White cherries 1 cup.	Hearts of lettuce leaves.

Cook the juice from the pineapple, the egg, sugar and cornstarch together in a double boiler. Stir constantly and when it begins to thicken remove from fire and chill. When ready to use fold in the whipped cream. Then add the diced pineapple from which the juice has been drained, the nut meats, marshmallows, pears and cherries. Serve on lettuce.

LEOTA SHARP.

Pineapple Salad.

Pineapple 5 slices.	Maraschino cherries 15.
Dates (large) 5.	Walnut meats (finely chopped) $\frac{1}{2}$ cup.
Cream (whipped) $\frac{1}{2}$ pint.	Lettuce.
Candied orange peel.	
Bananas 2.	

Wash, dry and pit the dates and stuff with walnut meats. Put crisp lettuce leaves on salad plates and place a date in the center of each. Cut rings of pineapple in half and place on each side of date with rounded outer edge of pineapple ring against date, to form body and wings. Cover the pineapple halves with whipped cream and 3 slices of banana on each half, two near the top and one in the bottom point of the wing, with half a cherry on each slice of banana. Use thin strips of candied orange peel for feeler and sprinkle finely chopped nuts over the wings.

MRS. M. WESTRUP.

Pineapple and Cherry Salad.

Pineapple (sliced) 1 large can.	Cucumber (medium sized) 1.
White cherries 1 cup.	Celery (diced) 1 cup.
Sugar 4 tablespoons.	Lemon juice 4 table-spoons.
Water 2 cups.	Gelatin 2 tablespoons.
Water (cold) $\frac{1}{4}$ cup.	Mayonnaise 1 cup.
Nut meats $\frac{1}{2}$ cup.	

Drain juice from pineapple. Bring to a boil. Add the gelatin soaked in cold water. Stir, and add the remaining 2 cups of water. Add the lemon juice and sugar. Stir, cool and when beginning to set add the diced fruit and fold in the mayonnaise. Turn into a wet mold and chill. Serve on

lettuce with mayonnaise and chopped nuts.

MRS. GEORGE E. TAYLOR.

Pineapple Date Salad.

Lettuce leaves 5. Peanut butter o.
Dates 20 or 25. cream cheese ½
Pineapple 5 slices. cup.

Place pineapple on lettuce leaves. Stuff stoned dates with peanut butter or cheese, and arrange on pineapple. Serve with mayonnaise dressing.

MRS. FLORENCE SMITH.

Frozen Pineapple Salad.

Pineapple 1 large Marshmallows ½
can. pound.
Almonds ½ pound. Whipping cream ½
Pineapple juice 2 pint.
tablespoons. Vinegar (mild) 1 ta-
blespoon.
Flour ½ tablespoon.
Egg yolks 2.

Cook together the flour, vinegar, pineapple juice and egg yolks. When cool add the cream (whipped) and mix with the pineapple, marshmallows and almonds which have been cut up. Freeze and serve in slices on lettuce.

MRS. ROBERT TERRELL.

Pineapple Shell Fruit Salad.

Pineapple 1. Celery stalks (tender)
Grapefruit (large) ½ cup.
½. Mayonnaise dressing
Candied cherries 8. with cream or fruit
Grapes ½ cup. juice.

Wash and scrub the pineapple lightly. Cut a lid from the top, remove it carefully and reserve. Cut with care around the inner rim of the pineapple. Remove the fruit and shred with a strong silver fork, working out from the core. Peel, seed and halve the grapes. Peel and halve the grapefruit. Cut the celery in narrow short strips and halve the cherries. Toss the fruit together lightly with mayonnaise. Fill the pineapple shell with the salad and replace the cover. Serve on lettuce leaves.

ALICE URBAN.

Pineapple Salad.

Lettuce leaves. Pineapple 5 slices.
Cream (whipped) or Apricot or peach
apple whip. halves 5.

Place first the lettuce on salad plates, then a slice of pineapple. Put on this 2 tablespoons of whipped cream, then in the center apricot or peach half with semicircle side up. Apple whip is prepared by whipping the whites of 2 eggs stiff and adding 1 apple scraped and a little salt and sugar.

MRS. A. N. HOWE.

Pineapple Salad.

Egg yolks 4. Cream ½ pint.
Juice of 1 lemon. Salt 1 teaspoon.
Mustard (dry) ¼ Sliced pineapple 1
teaspoon. large can.
White cherries 1 White grapes 1 pound.
can. Cream (whipped stiff)
Marshmallows 1 ½ pint.
pound.

Put the egg yolks, cream, lemon juice, salt and mustard in a double boiler and stir until mixture is thick like custard. Let it get cold then mix in the pineapple (diced), the cherries (pitted), the grapes (halved with the seeds removed), the marshmallows cut in pieces (all drained well), and the whipped cream. Mix lightly and freeze. Serve on lettuce.

FRANCES CORBETT.

Pineapple Fruit Salad.

Pineapple 1 small Pears 1 small can.
can. Apples 2.
Peaches 1 small Bananas 3.
can. Apricots 1 small can.
Marshmallows ½ Oranges 3.
pound. Grapes 1 cup.

Quarter the marshmallows and marinate them in fruit juices from the cans. Cut fruits with scissors wherever possible into small pieces and slice bananas. Serve with dressing (cooked) and cherry on top.

M. A. DOYLE.

Pineapple and Grape Salad.

Pineapple 6 rings. Cream cheese 1 pack-
Green grapes 1 age.
pound. Mayonnaise ½ cup.
Whipping cream 1 Maraschino cherries 6.
cup.

Drain pineapple and spread one side with a layer of cream cheese which has been softened to a spreading consistency with a little cream. Halve and stone the grapes and lay cut side down on cheese and pineapple. Completely cover the cheese with grapes. Beat cream and fold into it the mayonnaise. Put mayonnaise in pastry tube and make a ring on top of pineapple. Drop maraschino cherry in center and arrange on lettuce leaves.

MAE E. HEANEY.

Pineapple, Cucumber, Cherry Salad.

Pineapple (sliced) 1 Cucumber (diced) 1
cup. cup.
Lemon juice 1 table- Green pepper
spoon. (small) 1.
Maraschino cher- Lemon gelatin 1 pack-
ries 1 small bot- age.
tle. Lettuce (shredded) 1
Water (boiling) 1 head.
pint.

Cut the pineapple into triangles

whose base measures $\frac{1}{2}$ inch. Cut the green pepper into triangles and halve the cherries. Dissolve the gelatin in boiling water. Add lemon juice. Arrange pineapple, cucumber, green pepper and cherries in a mold. When gelatin begins to set pour it over the mixture. Chill thoroughly and pour mayonnaise dressing over when serving.

ADELE W. SABATH.

Pineapple, Gelatin and Cheese Salad.

Pineapple (crushed) 2 cups.	Juice of 1 lemon.
Sugar 3 cups.	Gelatin 2 tablespoons.
Cream (whipped stiff) $\frac{1}{2}$ pint.	American cheese (grated) $\frac{3}{4}$ cup.

Soak gelatin in $\frac{1}{2}$ cup cold water 10 minutes. Heat crushed pineapple and add sugar and lemon juice. Then add hot mixture to gelatin and stir until dissolved. When cool and beginning to set, add grated cheese and whipped cream. Mix well; turn into mold and chill. When ready to serve cut in slices, place on lettuce leaf and serve with mayonnaise dressing (cooked).

MRS. A. F. BERGSTROM.

Pomegranate Salad.

Pomegranate 1 cup.	Cream (whipped) 1 cup.
Celery (diced) 2 cups.	Powdered sugar 3 tablespoons.
Apples (diced) 2 cups.	Pinch of salt.

Serve on lettuce leaves and garnish with pomegranate seeds.

MRS. R. W. JONES.

Prune Salad with Cheese Dressing.

Prunes (cooked) 24.	Cabbage (raw, grated) 2 cups.
Salad dressing $\frac{3}{4}$ cup.	Salt $\frac{1}{2}$ teaspoon.
Sugar 1 tablespoon.	

Soak prunes overnight; cook gently until tender, then cut with scissors in small pieces. Shred or grate the cabbage and soak for 30 minutes in cold water, drain and mix all ingredients together. Cover with salad dressing and serve on lettuce. To make the dressing add 4 tablespoons chopped dill pickle and $\frac{1}{2}$ package cream cheese to $\frac{1}{3}$ cup French dressing.

MRS. B. A. KNAPP.

Jellied Prunes.

Prunes (stewed) $\frac{1}{2}$ pound.	Gelatin 1 tablespoon.
Nuts.	Lettuce leaves.

Remove the juice from the prunes and pour while hot over gelatin.

Then stir in prunes (chopped fine), nuts if desired. Pour in a bowl and set aside to cool. When cool slice and place on lettuce and serve with mayonnaise.

MRS. DOROTHY STEVENSON.

Prune and Orange Salad.

Prunes (large) 6.	Celery (diced) $\frac{1}{2}$ cup.
Sultana raisins (chopped) 1 cup.	Marshmallows (cut in pieces) 1 cup.
Orange 6 slices.	Almonds (blanched and chopped) 1 cup.
French dressing $\frac{1}{4}$ cup.	

Combine celery and almonds with dressing. Remove stones from cooked prunes, stuff centers with mixture. Place orange slices on crisp lettuce leaves and put one prune on each orange slice. Sprinkle with marshmallows and raisins, or whipped cream.

MRS. KUEHN.

Strawberry Salad.

Strawberries 1 pint.	Pineapple (diced) 1 small can.
Bananas (diced) 2.	

Add mayonnaise mixed with cream to bind and serve on lettuce.

MRS. W. J. LYNCH.

Strawberry Cream Salad.

Strawberries 1 quart.	Cream (whipped) 1 $\frac{1}{2}$ cups.
Strawberry gelatin 1 package.	Water (boiling) 1 cup.
Sugar $\frac{3}{4}$ cup.	

Mash the berries, saving a few for garnishing, and add the sugar. Dissolve the gelatin in boiling water and when cool mix with mashed berries. When partly jellied stir in the whipped cream and a few whole berries and pour in mold.

MRS. A. C. BERNAHL.

Tropic Salad.

Lemon gelatin 1 package.	Water (boiling) 1 $\frac{1}{2}$ cups.
Jonathan apples (cut fine) 1 cup.	Celery (cut fine) 1 cup.
Lemon juice 2 tablespoons.	Pineapple (shredded) $\frac{1}{2}$ cup.
Coconut (shredded) $\frac{1}{2}$ cup.	Onion (chopped) 1 tablespoon.

Dissolve the gelatin in the boiling water. When cool add the apples (unpeeled but diced) to which the lemon juice has been added, the celery, pineapple, coconut and onion all well mixed. Sprinkle with salt and when set serve on lettuce with mayonnaise.

BLANCHE COWDREY

Waldorf Salad

Apple (diced) 2 cups.
Walnut meats (chopped) $\frac{1}{2}$ cup.
Maraschino cherries (chopped) $\frac{1}{4}$ cup.

Celery cup.
Candied very

Mix the above together and serve with mayonnaise. The dressing has been thinned with Maraschino juice or fruit from a can of canned fruit. MRS. E.

Honey Sauce

Strained honey $\frac{1}{2}$ cup.
Water $\frac{3}{4}$ cup.
Mustard (dry) 1 teaspoon.
Flour 1 tablespoon.

Salt
Pepper
Vinegar
Egg yolks
Sugar

Heat the honey in a double boiler. Mix the ingredients with the vinegar and add to the first mixture. Pour a small amount of the hot mixture over the egg yolks and return to the double boiler. Cook all together. Add the whipped cream before serving.

NE

Nut

Lemon gelatin package.
Nut meats

Dissolve

water and set add
Put on
with wh

Pecans
Cream
Lemon
spoon

Make

juice
until
milk
salt

To

Nut

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at least ½ hour before serv-

MRS. H. B. KARKOFF.

Beet Salad.

Peas.
Beet root.
Capers.
Lettuce.

tiny beets that have
ed, leaving a cup, fill
with peas, celery cut
of beet roots, a few
little horseradish. Mix
about a tablespoon of
cup of salad. Arrange
pour dressing over

ROSE PETTIT.

Beet Salad.

Cloves ¼ teaspoon.
Sugar 1 cup.
Lemon 2 thin slices.
Vinegar ½ cup.
Spice ¼ teaspoon.
Water 2 cups.

Per. Plunge into
skin, chop
and spice with
vinegar for 5
minutes and boil
lemon and
for longer;
2 cups
slightly
Turn
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to serve
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Cabbage and Carrot

Cabbage (finely shredded) 2 cups. 1
 Apples (diced) 1 Salt
 cup.

Marinate the above
 dressing, serve on lettuce
 onnaise and strips
 green pepper for garnish.

Cole Slaw Dressing

Mustard 1 teaspoon.
 Flour 1 tablespoon.
 Few grains pepper.
 Egg yolk 1.
 Cream (whipped) ½
 cup.

Mix mustard,
 pepper, oil, egg
 in double boiler
 strain and combine
 cream. Crisp
 in ice water
 hour. Drain
 a little French
 then add
 cucumber
 then dress

Cabbage

Green
 (minced)
 Salted
 (chopped)
 spoon
 Mayonnaise
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 Moist

with
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ing to harden fold in
icebox to harden com-
on crisp lettuce leaves
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HANNA C. JOHNSON.

Carrot Salad.

Celery (chopped fine)
1 cup.
Mayonnaise $\frac{3}{4}$ cup.
Radishes.

ome crisp in ice wa-
n medium sieve of
ld celery, nuts, mix
Arrange on lettuce,
e rosette and sprin-

DOES L. NELSON.

Salad.

pepper $\frac{1}{2}$.
dressing and
e.

cauliflower,
cut in $\frac{1}{2}$ -
ted water
e 1 cup.
and beets,
Mix with

ARSON.

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Celery Root, Sardines.

Celery roots 3.
French dressing $\frac{3}{4}$ cup.
Red pimentos.
Sardines 2 cans.
Asparagus tips.
Mayonnaise.

Wash the celery roots thoroughly, remove all hard parts, cut into thin slices and boil in plenty of salted water until done; drain, cool and keep in icebox until serving time. Head sardines carefully in the center of a plate. Mix celery with some French dressing, arrange around the sardines and cover everything with mayonnaise. Decorate with asparagus tips and red pimento strips.

MRS. ALICE CLARA SANER.

Cucumber Salad.

Cucumbers.
Olives (chopped).
Salt and white pepper.
Sprinkle of paprika.
Cream cheese.
Olive (small, chopped fine) 1.
Lettuce leaves.
Mayonnaise.

Pare and slice cucumbers, make a paste of cream cheese, chopped olives, onion and chopped celery, mix well and season with salt and white pepper. Place this between cucumber slices, then on lettuce leaves. Add mayonnaise to top of each sandwich and a sprinkle of paprika.

MRS. M. RUBY.

Cucumber and Pineapple Salad.

Cucumbers (finely diced) $\frac{1}{2}$.
Pineapple (finely diced) $\frac{1}{2}$ cups.
Mayonnaise $\frac{1}{2}$ cup.
Stuffed olives (finely chopped) $\frac{1}{4}$ cup.

Mix all together and serve on half heads of shredded lettuce.

HELEN E. ADAMS.

Endive Salad.

Use only the well-blanchd leaves. If wilted put in water, wipe dry before using. Serve with:

Mayonnaise 1 cup.
Chili sauce 1 table-
spoon.
Olives (green, chopped) 2 table-
spoons.
Nuts (chopped).
Oil dressing 2 table-
spoons.
Pimentos (chopped) 2
tablespoons.
Worcestershire sauce 1
teaspoon.

Mix all together well and serve on endive.

MRS. U. G. SNYDER.

Fandango Salad.

Lemon gelatin 3 ta-
blespoons.
Salt $\frac{1}{2}$ teaspoon.
Pimentos (finely
chopped) 3.
Cucumber pickles
(cut fine) $\frac{1}{2}$ cup.
Water (boiling) 1 pint.
Lemon juice 1 table-
spoon.
Celery (chopped) $\frac{1}{2}$
cups.
Lettuce and mayon-
naise.

Dissolve gelatin in boiling water. Add salt and lemon juice. Chill;

when gelatin begins to set add pimen-
tos, celery, cucumber pickles and
pour in individual molds. When set
unmold on crisp leaf of lettuce and
garnish with mayonnaise.

MRS. W. BOYD.

Lemon Gelatin Salad.

Lemon gelatin 3 ta-
blespoons.
Vinegar 2 table-
spoons.
Carrots (cooked,
diced) 1 cup.
Green pepper (cut
small) $\frac{1}{2}$.
Salt $\frac{1}{2}$ teaspoon.
Mustard (dry) $\frac{1}{2}$ tea-
spoon.
Water (boiling) 1 pint.
Peas (drained and
rinsed) 1 can.
Cold meat (left over)
1 cup.
Paprika $\frac{1}{4}$ teaspoon.

Dissolve the gelatin in water, put in
cool place and when it commences to
harden add remaining ingredients.
Put in individual molds and serve on
lettuce with cooked mayonnaise
dressing.

MRS. KATHLEEN SCHUMAKER.

Lentil Salad.

Lentils (dried) $\frac{1}{2}$ cup.
Parsley (chopped) 1
teaspoon.
Onion (chopped) 1
teaspoon.
Egg (hard cooked,
chopped) 1.

Soak the lentils overnight. Cook
slowly until soft, drain. Mix with
seasoning, egg and 1 cup shredded
lettuce or spinach. Marinate with

Vinegar 2 table-
spoons.
Sugar 1 teaspoon.
Pepper $\frac{1}{4}$ teaspoon.
Olive oil or bacon fat
1 tablespoon.
Salt $\frac{1}{2}$ teaspoon.

Serve on lettuce, garnished with
pimento strips.

MRS. E. F. WECK.

Lettuce Salad.

Salad greens.
Vinegar $\frac{1}{4}$ table-
spoon.
Paprika and salt,
Garlic 1 clove.
Oil 2 tablespoons.

Wash and dry the greens. Rub
the salad bowl with cut end of clove
of garlic, break the greens with the
fingers and put into the bowl, sprinkle
with oil. Turn greens with salad fork
until each leaf is painted with oil,
dissolve paprika and salt in vinegar
and use as dressing.

MRS. C. S. SIMPSON.

Lima Bean and Apple Salad.

Lima or navy beans (dry) 1 pound.
Pimento (minced) 1
tablespoon.
Apples (large, cubed) 2.
Lettuce leaves.
Onion (minced) 1
tablespoon.
Green pepper (minced)
1 tablespoon.
French dressing $\frac{3}{4}$
cup.

Wash and soak the beans over-
night. Boil in salted water until
tender. Drain. When cold add re-
maining ingredients. Put in icebox
half an hour before serving and

serve in a large bowl garnished with lettuce leaves.

MRS. WILLIAM ROSS.

Mint Salad.

Mint leaves 1 1/4 cups.	Water (boiling) 2 cups.
Gelatin 2 table-spoons.	Vinegar 2 table-spoons.
Sugar 1 cup.	Few drops green coloring.
Clove extract 1 tea-spoon.	

Soak gelatin in 1/4 cup cold water. Boil mint leaves in 2 cups water 2 minutes and strain, add to gelatin and sugar, add vinegar and coloring. Last add flavoring, set in icebox to cool, place to harden in molds. Serve on lettuce with cooked dressing.

MRS. SINNA V. SAWYER.

Mushroom Salad.

Mushrooms 1 cup.	Celery (diced) 1 1/2 cups.
Salt 1/4 teaspoon.	Green pepper (chopped) 1 table-spoon.
Onion (chopped) 1 table-spoon.	French dressing, 1/2 cup.
Mayonnaise (thick) 3/4 cup.	
Butter, 1 tablespoon.	
Peas 1/2 can.	

Drain and fry mushrooms till light brown in butter. Drain peas dry and add to celery, mushrooms, onions, pepper and salt. Soak in the French dressing about an hour, then drain and mix with mayonnaise. Serve on lettuce.

Cherry gelatin, 1 table-spoon.	Salt 1/2 teaspoon.
Salad oil 1/2 cup.	Lemon juice 2 table-spoons.
Water (boiling) 1/2 cup.	Paprika 1/4 tea-spoon.

Dissolve gelatin in water, chill and when nearly set add the other ingredients. When congealed heat well till it is in tiny sparkling particles and serve.

MRS. VERNON JOHNSON.

Original Salad.

Gelatin 2 table-spoons.	Catsup 1/2 cup.
Water (boiling) 1 pint.	Vinegar 2 table-spoons.
Powdered allspice 1/4 teaspoon.	Salt 1/2 teaspoon.
Carrott (finely chopped) 1/2 cup.	Water (cold) 1/2 cup.
Celery (finely chopped) 1/2 cup.	Onion (chopped fine) 2 table-spoons.
	Green pepper (finely chopped) 2 table-spoons.

Dissolve the gelatin in cold water, then add boiling, and when it begins to set add the remaining ingredients. When cold cut in squares suitable for serving and decorate with sliced cucumbers, sliced tomato, lettuce and mayonnaise (cooked).

MRS. FRANK PONSOR.

Peas and Cheese Salad.

Peas (new) 1 pound.	Celery (sliced) 2 cups.
Pimento cheese 1/2 cup.	Lettuce leaves (crisp) 4.
Cucumber (small) 1.	Mayonnaise 1 1/2 cups.
Salt 1/4 teaspoon.	

Cook the peas until tender. When cold mix with sliced celery and cheese cut in small pieces; add shredded crisp lettuce and cucumbers diced, add salt. Mix with mayonnaise, let stand for 1/2 hour in icebox. Serve on lettuce.

MRS. H. E. MOBERG.

Sweet Pepper Salad.

Lemon gelatin 2 table-spoons.	Water (cold) 1/2 cup.
Cider vinegar 1/2 cup.	Water (boiling) 1 cup.
Red pimentos 5.	Celery (chopped) 1 cup.
Salt 1/2 teaspoon.	English walnuts (chopped).

Soak gelatin in cold water and vinegar, then add boiling water, stir well and set to cool. Then add chopped pimentos, celery and salt, place nuts in bottom of mold and pour gelatin in. Let set and serve on lettuce with mayonnaise.

MRS. I. K. HENKEL.

Green Pepper Rings.

Green pepper (large) 1.	Water (cold) 1/2 cup.
Celery (cut fine) 3/4 cup.	Tomatoes 1 small can.
Salt 1/2 teaspoon.	Nuts (chopped) 1/4 cup.
	Gelatin 2 table-spoons.

Press tomatoes through a sieve. Heat to boiling point. Soften gelatin in cold water. Pour hot tomatoes over gelatin and stir thoroughly. When gelatin cools add other ingredients. Pour into the green pepper, place in cool place and allow to congeal. When ready to serve slice horizontally, making one thick slice. Serve on lettuce leaf. Garnish with mayonnaise and cottage cheese and sprinkle with paprika.

MRS. JOHN GOLDER.

Perfection Salad.

Pimento 1/2 cup.	Celery (chopped) 2 cups.
Almonds (chopped) 1 cup.	Sugar 1 1/2 cups.
Water (hot) 1 1/2 cups.	Lemon juice 1 1/2 cups.
Salt 1 teaspoon.	Gelatin 2 1/2 table-spoons.
Water (cold) 1 cup.	

Chop pimento, celery and nuts. Add sugar, lemon juice and salt. Soak gelatin in water for about 15 minutes. Drain off water and cook gelatin in 1 1/2 cups hot water until clear. Strain through a fine sieve and add other ingredients. Turn in wet mold to solidify. Serve with uncooked mayonnaise.

MARIE NEWTON.

Potato Salad.

Tomatoes (canned, strained) 1 cup.
 Olives (ripe) 10.
 Eggs (hard cooked) 2.
 Sugar 1 teaspoon.
 Salt 1 teaspoon.

Cheese (grated) ½ cup.
 Potatoes (boiled, diced) 4 cups.
 Celery (diced) 1 cup.
 Vegetable oil 3 table-
 spoons.

Heat the strained canned tomatoes in a pan, add the grated cheese, stirring constantly until it melts. Chop the olives and add to the mixture, also the oil, sugar and seasoning. Mix well and cook 5 or 6 minutes. Cut the potatoes in small cubes, add celery and chopped eggs. Pour the hot dressing over the potatoes, cool and serve on plates. Garnish with finely chopped parsley and cucumbers cut in small pieces. MRS. LIBBY BRODY.

Potato Salad.

Potatoes 6.
 Celery ½ cup.
 Horseradish 2 table-
 spoons.

White onion (large).
 Eggs (hard cooked) 2.
 Green pepper ½.

Boil potatoes in skins; when cool cut in dice. Cut celery, onion, eggs, green pepper in bits and mix with cooked dressing. MRS. J. P. CULLEN.

Potato and Cabbage Salad.

White potatoes (large, boiled) 4.
 Cabbage (crisp, chopped) 1 quart.
 Celery seed 1 dessert
 spoon.

Sweet pickles (small, sliced) 2.
 Eggs (hard cooked) 3.
 Onion (chopped) ½
 cup.

Salt, 1 dessert spoon.
 Olives (sliced) 4 or 5.

Slice or dice the potatoes. Have all ingredients cold and mix. Mix with ¾ cup cooked salad dressing. Garnish with flowers made from strips of egg white, with center of egg yolks and parsley foliage.

MRS. CARL W. MILLER.

Hot Potato Salad.

Potatoes (medium sized) 6.
 Onion (medium) 1.
 Brown sugar 1 tea-
 spoon.

Bacon ¼ pound.
 Green pepper 1.
 Eggs 2.
 Cider vinegar ½ cup.
 Celery 1 stalk.

Boil potatoes in their jackets until tender. Cool, peel and cut in small pieces. Cut pepper, onion, celery and 2 hard-cooked eggs into potatoes. Cut bacon into small pieces and fry. Pour in the vinegar and stir in the sugar. Season vegetables with salt and pepper. Pour over them the hot mixtures and toss with a fork until all is thoroughly mixed.

ELIZABETH SHEFFIELD.

Mashed Potato Salad.

Salt, pepper, celery Potatoes (mashed).
 salt. Dressing.
 Sweet pickles Stuffed olives.
 (chopped). Lettuce.

Mix the potato with dressing, season with salt, pepper and celery salt, form into a large mold or individual molds and place same on crisp lettuce leaf, garnishing with a stuffed olive on top and border of chopped sweet pickle around the mold.

MRS. MAE C. WERT.

Potato and Nut Salad.

Potatoes (cold, sliced) 3 cups.
 Onion (chopped) 1
 teaspoon.
 Beets (cooked, cold, sliced).

Lemon (sliced).
 Hickory nut meats (broken) 1 cup.
 Parsley (chopped).
 Celery.
 Lettuce leaves.

Mix potatoes, nut, celery and onions together, place on crisp lettuce leaves; pour over dressing and garnish to taste with beets, lemon and parsley. Serve with cooked dressing.

MRS. J. BRICHTA.

Red and White Slaw.

White cabbage (shredded) 6 cups.
 Onion (finely minced) 1.
 Sugar 2 teaspoons.
 French dressing.

Red cabbage (shred-
 ded) 6 cups.
 Parsley (chopped fine)
 1 table-spoon.
 Garlic.

Wash the two kinds of cabbage in cold water, then dry thoroughly. Add the onion, parsley and sugar, mixing thoroughly in bowl, sides of which have been rubbed with garlic. Serve with French dressing.

MRS. RUDOLPH CONY.

Spinach Salad.

Spinach (fresh) ½ pound.
 Celery (chopped fine) 1 cup.
 Lettuce 1 head.

Onions (small, grated) 2.
 Salt ½ teaspoon.
 French dressing.

Wash spinach thoroughly, separating the bunches to remove all the dirt and grit. Let stand in cold water a few minutes, then drain. Save enough lettuce to serve the salad on and add the remaining lettuce to the spinach and chop very fine, then add celery, onions and salt. Mix well, adding French dressing to suit the taste. Serve on crisp lettuce leaves on individual salad plates.

MRS. MARGARET HOBBS.

Cooked Spinach Salad.

Spinach (cooked or Salt.
canned). Mayonnaise.
Stuffed olives. Butter.
Paprika.

Drain cooked or canned spinach until free from moisture. Season with salt. Butter individual molds. Slice stuffed olives and press against sides of molds, fill with spinach, press in firmly and chill. Turn out on lettuce leaves. Garnish with mayonnaise and decorate with a dash of paprika.

MRS. J. PUBLIC.

Frozen Tomato Salad.

Tomatoes 1 quart Salt and pepper.
can. Celery (chopped).
Onion (chopped).

Mash the tomatoes, removing all the hard particles. Add salt and pepper to taste, a little chopped onion and chopped celery. Freeze the mixture. Cut into blocks and serve on lettuce topped with a spoonful of fluffy mayonnaise.

ROMOLA L. HICKS.

Tomato and Fruit Salad.

Tomato (fresh, Celery (diced) 1 cup.
chopped) 1 cup. Green pepper (cut
Orange (diced) ½ fine) 1 tablespoon.
cup. Parsley (minced) 1 ta-
Onion (minced) 1 blespoon.
tablespoon. Lemon juice 2 tea-
Olive oil 2 table- spoons.
spoons. Mustard ¼ teaspoon.
Salt ¼ teaspoon. Sugar 1 teaspoon.

Remove stems and blemishes from tomatoes, but do not peel. Cut in 6 parts, press out seeds and most of the fluid around them, then cut. Peel and cut orange fine. Clean, scrape and cut up celery and other vegetables. Add oil, lemon juice and seasonings. Mix well and set in refrigerator, covering carefully. When thoroughly chilled, distribute on plates on crisp inner leaves of lettuce.

W. F. ZIMMERMAN.

Tomato Gelatin Salad.

Celery (cut fine) 1 Tomatoes (strained) 1
small stalk. can.
Salt 1 teaspoon. Pinch ground cloves.
Sugar 1 teaspoon. Gelatin 1 envelope.

Soak gelatin in ½ cup cold water for 15 minutes. Add the tomatoes which have been brought to a boil, celery and seasoning. Wet the molds and pour in mixture and allow to cool. Serve on a lettuce leaf with mayonnaise dressing.

MRS. JAMES H. LEWIS.

Jellied Tomatoes.

Lemon gelatin 1 Tomatoes (small,
package. bright) 5 or 6.
Seedless grapes ½ Vinegar 2 tablespoons.
pound.

Dissolve gelatin in 1½ cups hot water. Add 2 tablespoons vinegar. Peel the tomatoes, dust with salt and chill. Steam the grapes. Rinse the molds and place a tomato in each cup, add lemon gelatin to cover and fill top of mold with seedless grapes. When set unmold on lettuce, garnish with cucumber pickle and serve with whipped cream dressing.

MRS. OLIVE FOY.

Jellied Tomato Salad.

Gelatin ½ box. Celery.
Salt 1 teaspoon. Peas.
Pepper ½ teaspoon. Tomatoes (canned)
Stuffed olives. 2 quarts.
Boiled dressing. Sugar 1 tablespoon.

Soak gelatin in a cup of cold water for 10 minutes. Strain the tomatoes. Heat the tomato liquid, adding gelatin, and season with salt, pepper and sugar. Place a layer of this in a mold, allowing it to congeal partly; add a layer of chopped celery, another of jelly, next a layer of peas, one more of jelly, another of stuffed olives and lastly the remaining jelly. Set on ice to chill 2 or 3 hours.

THERESA KRISTAN.

Stuffed Tomato and Vegetable Salad.

Tomatoes (medium Asparagus 2 bunches.
sized) 5. Mayonnaise dressing
Head lettuce 5 leaves. ½ cup.

Scoop out the center of the tomatoes. Invert and chill. Drain the inside portion and chill. Cut the asparagus stalks 3 inches from the top and cut the lower part in ½ inch pieces. Cook until tender. Marinate in French dressing. Place a tomato on lettuce leaf, stand the upper lengths of asparagus upright in the tomato, allowing an inch to come above the rim of tomato. Mix small pieces with mayonnaise and as much of the inside portions of tomato as is necessary to fill up the tomato around the stalks of asparagus. Serve with mayonnaise.

MRS. KATHERINE M. CURRAN.

Stuffed Tomatoes and Cheese.

Cream cheese 1 square.
Mayonnaise 1 tablespoon.
Tomatoes 4.
Carrot (raw, grated) 3 tablespoons.
Horseradish (grated) 1 tablespoon.
Eggs (hard cooked) 4.

Peel the tomatoes, cut the bottom away, remove the center carefully. Put mixture of cheese, carrot, horseradish and mayonnaise in tomato, then on lettuce with spoons of mayonnaise. Slice the egg, leaving it in egg shape. Place it in a cup of lettuce leaves, mask it with the cheese mixture and decorate with mayonnaise. Fill the third section of salad plate with tiny lettuce leaves decorated with cheese mixture and mayonnaise.

MRS. A. L. MARLATT.

Stuffed Tomato Chicken.

Tomatoes (medium sized) 5.
Chicken (cold) 2 cups.
Celery (chopped) ¼ cup.
Lettuce (chopped) ¼ cup.
Salt 1 teaspoon.
Paprika ¼ teaspoon.
Salted almonds (large) 30.
Parsley (chopped) 2 tablespoons.
Capers ½ tablespoon.
Green pepper (chopped) 2 tablespoons.
Watercress or lettuce.

Cut chicken in small cubes, add celery, lettuce, parsley, capers, green pepper and seasoning. Blend all with a small amount of mayonnaise dressing. Cut tops off tomatoes and scoop out centers, leaving unbroken shell. Stuff with salad mixture, put a teaspoon of mayonnaise on top and stand 6 almonds upright in it. Serve on bed of lettuce or watercress which has been marinated with French dressing.

MRS. R. URBAN.

Stuffed Tomato and Fish.

Tomatoes (medium sized) 5.
Eggs (hard cooked) 3.
Shrimps 1 can.
Mayonnaise.
Celery (chopped) ½ cup.
Stuffed olives (chopped) ¼ cup.
Salt ¼ teaspoon.

Drain liquor from shrimps and cut in pieces, add chopped hard-cooked egg, celery, olives and salt. Mix thoroughly with enough mayonnaise to moisten. Blanch tomatoes, peel, cut in 6 sections, being careful not to cut entirely through tomato. Place each tomato on a bed of crisp lettuce and spread open. Fill with shrimp salad and garnish with sliced stuffed olives.

MRS. EDITH BROMS.

Stuffed Tomato Salad.

Tomatoes 5.
Egg (chopped) ½ cup.
Ham (boiled, cold) ½ cup.
Olive (chopped).
Mayonnaise.
Celery (chopped) 1 tablespoon.

Cut off tops of tomatoes, remove most of pulp and mix with ham, celery, egg and olives. Moisten with mayonnaise and refill the tomatoes. Serve on crisp lettuce with parsley sprig, or top of tomato cucumber can be used.

MRS. E. A. PHIPPS.

Stuffed Tomatoes.

Tomatoes 5.
Catsup 1 tablespoon.
Celery (chopped fine) 1 tablespoon.
Sardines (boned and skinned) 1 can.
Lemon juice 1 tablespoon.

Skin and chill tomatoes, scoop out a little of center and add sardines with lemon and catsup and celery. Put ½ teaspoon caviar on top, serve on lettuce with mayonnaise.

MRS. CLARENCE LOEB.

Tomato Stuffed with Sweetbread.

Lettuce leaves.
Sweetbreads 1 pound.
Tomatoes 5.
Celery 5 stems.
Mayonnaise.

Boil, peel and chill sweetbreads. Chop celery and sweetbreads and mix with mayonnaise. Sprinkle salt in tomato, then fill it with sweetbread and celery mixture. Place a teaspoon of mayonnaise on top.

AUGUSTA GOETZ.

Tomato Supreme.

Tomatoes (canned) 2 cups.
Salt 1 teaspoon.
Water (cold) 4 tablespoons.
Shrimp (canned) 1 cup.
Onion ½ teaspoon.
Gelatin ½ teaspoon.
Pepper ½ teaspoon.
Cucumber (diced) 1 cup.

Cook tomatoes and onion 5 minutes. Strain, stir in salt, pepper and gelatin softened in cold water. When mixture begins to set add the shrimp. Thirty minutes before serving peel the cucumber, cut and dice and cover with ice-cold weak salt water. Cut the firm tomato jelly in servings. Place on lettuce leaves. Top with diced cucumbers and mayonnaise. Eight servings.

MRS. GORDON CHURCH.

Tomato Surprise Salad.

Cream cheese 1 package.
Celery (finely chopped) 1 tablespoon.
Lemon gelatin ½ packages.
Tomato soup 2 cans.
Onion (finely chopped) 1 teaspoon.
Stuffed olives (chopped) 1 tablespoon.

Heat soup and pour over gelatin.

Stir until gelatin is dissolved. Let cool thoroughly. Mix cheese, onion, celery and olives and form into balls. Place one ball into each individual mold, pour gelatin over it to cover and let harden. Serve with mayonnaise or French dressing.

DAISY ADAMSON.

Vegetable Salad.

Tomatoes (medium sized) 2.
Celery 1 small stalk.
Stuffed olives ½ dozen.
Lettuce ½ head.
Walnut meats (around coarsely) 4 tablespoons.
Green pepper ½.
Cabbage ¼ small head.

Thoroughly wash tomatoes, pepper, celery and lettuce and cut in pieces ¼ inch square, shred cabbage, then add it and olives cut and add all to plain gelatin, using 2 packages to 1½ cups boiling water. Put into molds or cups after stirring thoroughly. When set serve on lettuce with cooked mayonnaise.

MRS. MARY E. HAYES.

Vegetable Salad.

Cabbage 1 small head.
Turnips or rutabaga (around) 1½ cups.
Onion (small) 1.
Lettuce 1 small head.
Carrots (around) ½ cup.
Red sweet pepper 1.

Wash vegetables thoroughly, shred cabbage and grind or grate turnips, carrots and onion. Arrange lettuce on salad plates. Mix other vegetables with dressing lightly. Arrange cabbage, then turnip, then carrots in layers on lettuce. Sprinkle with onion and garnish with pepper cut in circles. Serve with cooked dressing.

CECIL GRAY.

Vegetable Salad.

Onion (chopped) 1 tablespoon.
Green pepper (chopped) ¼ cup.
Vinegar 3 tablespoons.
Lemon juice 1 tablespoon.
Few grains of paprika.
Tomatoes 3 cups.
Water (cold) 3 tablespoons.
Pimiento (chopped) ¼ cup.
Salt 3 to 4 teaspoons.
Horseradish 1 teaspoon.
Gelatin 2 tablespoons.
Lettuce and mayonnaise.

Cook onion, pimiento, green pepper and tomatoes 5 minutes. Add gelatin soaked in cold water, vinegar, lemon juice, grated horseradish, salt, paprika. Place in small mounds and let stand 4 hours in refrigerator. Serve on lettuce topped with mayonnaise.

MRS. ARTHUR COLE.

Vegetable and Fruit Salad.

Orange gelatin 2 tablespoons.
Lemon juice 1 tablespoon.
Nut meats 1 cup.
Crushed pineapple can.
Carrots (ground) 1 cup.
Lettuce and dressing.

Strain the pineapple and to the juice add lemon juice and then enough water to make a pint. Heat to boiling point and dissolve gelatin. When beginning to set add carrots, 1 cup of crushed pineapple, 1 cup nut meats. Let harden, then serve on lettuce with garnish of salad dressing.

MRS. C. D. SNYDER.

Combination Vegetable and Meat Salad.

Tomatoes (good sized, firm) 8.
Cucumber (diced) ½ cup.
Mayonnaise (cooked) ½ cup.
Chicken (cold, diced) ½ cup.
Celery (diced) ½ cup.
Walnut meats (chopped) ½ cup.

Soak the tomatoes, then remove skin and pulp. Chop the pulp, season and chill thoroughly. Just before serving add to tomato the celery, cucumber, walnuts and chicken. Add enough mayonnaise to thoroughly saturate the mixture. Fill the tomato shells with the salad, top with a bit of mayonnaise and arrange on lettuce leaves.

MRS. LOUISE S. MILBURN.

Vegetarian Salad.

Macaroni (cooked) 1½ cups.
Vinegar 1 teaspoon.
Peas (cooked) ½ cup.
Tomatoes (ripe, peeled, cut in wedges) 2.
Eggs (hard cooked, sliced) 2 or 3.
Salad oil 2 teaspoons.
Celery (diced) 1 cup.
Carrots (diced) ½ cup.
Salt and pepper to taste.

Cut macaroni in inch lengths, put it in a bowl with oil and vinegar, mix and let stand while remaining ingredients are being prepared. Just before serving combine celery, eggs, carrots and peas with the macaroni. Serve on lettuce, garnish with cut tomatoes and mayonnaise, also paprika.

MRS. SERGE BRANDT.

Watercress Salad.

Celery (crisp, sliced) 2 cups.
Watercress.
Apples (large) 3.

Pick, wash and drain well some watercress, put in a salad bowl; peel, core and cut in half and slice fine the apples, range over cress, then scatter celery over salad. Pour over a French dressing, and serve immediately.

MRS. AELDA VAUTHIER.

White and Gold Salad.

Lemon gelatin 1 package.
 White turnips (finely shredded) 1 cup.
 Salt $\frac{1}{4}$ teaspoon.

Celery (chopped) 1 cup.
 Water (boiling) 1 pint.
 Carrots (finely shredded) 1 cup.

Dissolve the gelatin in boiling water and set aside to cool. Prepare one cup of finely shredded white turnips, the carrots and celery. Allow vegetables to become crisp in cold water. When gelatin thickens, drain vegetables and add to gelatin. Add salt and mix well. Serve with mayonnaise dressing.

MRS. J. L. BAUGHEN.

SALAD DRESSINGS.**Salad Dressing.**

Salt $\frac{1}{4}$ teaspoon.
 Vinegar 1 tablespoon.
 Catsup 3 tablespoons.
 Egg (hard cooked, diced) 1.

Pepper $\frac{1}{2}$ teaspoon.
 Olive oil 3 tablespoons.
 Chili sauce 3 tablespoons.
 Worcestershire sauce 2 tablespoons.

Mix in the following order: Salt, pepper, vinegar, olive oil, catsup, chili sauce, Worcestershire sauce and egg. Add the oil slowly. Beat all with round egg beater.

MRS. MARIE BECKER.

Salad Dressing.

Mayonnaise 1 cup.
 Powdered sugar 2 teaspoons.
 Pepper (small, chopped) 1.
 Celery salt 1 teaspoon.
 Lemon juice 2 tablespoons.

Juice of $\frac{1}{2}$ lemon.
 Olive oil $\frac{1}{2}$ cup.
 Paprika 1 teaspoon.
 Onions (small, chopped fine) 6.
 Parsley (chopped fine) 1 sprig.
 Egg yolks (hard cooked) 2.

Mix in the following order: Mayonnaise, olive oil, lemon juice, paprika, sugar, onions, pepper, parsley, celery salt and eggs made into paste with tarragon vinegar or lemon juice, and stir vigorously before serving. Serve over head lettuce.

MRS. MARY J. DAVIS.

Bacon Fat Salad Dressing.

Bacon 1 slice.
 Vinegar 1 tablespoon.
 Pinch of salt.

Water (hot) $\frac{1}{4}$ cup.
 Sugar 1 tablespoon.
 Onion (chopped) 1 teaspoon.

Cut bacon into tiny pieces and fry. When browned slightly but not crisp add onions. Cook about 3 minutes, then add mixture of water, vinegar, sugar and salt, stirring constantly. Cook 2 minutes. Pour hot over lettuce, shredded cabbage or string beans.

MRS. ARDEN JOHNSON.

Cooked Dressing.

Egg yolks (beaten) 4.
 Sugar 2 tablespoons.
 Salt $\frac{1}{2}$ teaspoon.
 Water $\frac{1}{4}$ cup.
 Vinegar $\frac{1}{4}$ cup.

Mustard (dry) $\frac{1}{2}$ teaspoon.
 Dash of cayenne pepper.
 Butter 2 tablespoons.

Warm vinegar, water and butter and pour slowly into beaten eggs. Mix dry ingredients together, then stir into the vinegar and yolks and cook until creamy, using double boiler. Stir constantly. IVANVILLE H. WELLS.

Cooked Salad Dressing.

Butter (melted) 4 tablespoons.
 Milk 1 cup.
 Salt 1 teaspoon.
 Dash of cayenne pepper.

Eggs 2.
 Flour 2 tablespoons.
 Sugar 1 tablespoon.
 Mustard 1 teaspoon.
 Vinegar (mild) $\frac{1}{4}$ cup.

Melt butter in top of double boiler, add flour, stir until smooth, then add milk. Cook until quite thick. Beat eggs slightly, add sugar, salt, mustard and cayenne. Pour hot mixture over them slowly while beating constantly. Return to double boiler and cook until thick. Just before removing, add vinegar and stir well. MRS. E. DICK.

French Dressing.

Onion (grated) 1 tablespoon.
 Garlic (chopped fine) 2 pods.
 Olive oil 4 tablespoons.

Vinegar 2 tablespoons.
 Salt 1 tablespoon.
 Sugar 2 tablespoons.
 Juice of $\frac{1}{2}$ lemon.
 Chives (chopped) 1 teaspoon.

Mix the onion, salt, garlic and sugar and rub the olive oil in very gradually. Add lemon juice, vinegar and chives.

MRS. HILDA P. SHEARER.

French Dressing.

Salt 1 teaspoon.
 Olive oil (pure) $\frac{1}{4}$ cup.

Paprika $\frac{1}{4}$ teaspoon.
 Sugar 1 teaspoon.
 Vinegar 3 tablespoons.

Mix salt, sugar and paprika together. Add vinegar and oil and beat thoroughly, or put all the ingredients into a glass jar, screw top on tightly and shake thoroughly.

Dressing may be varied by adding 2 tablespoons chopped anchovies or $\frac{1}{4}$ cup tomato catsup, or chopped green pepper, red pepper, celery, onion and parsley, or mustard, Worcestershire sauce, onion juice and tabasco sauce, or 4 tablespoons roquefort cheese, or pineapple and orange juice and sugar.

MRS. J. VAUGHAN.

Fruit Salad Dressing.

Pineapple juice $\frac{1}{4}$ cup. Cream (whipped stiff) $\frac{1}{2}$ cup.
 Lemon juice 2 table- Orange juice $\frac{1}{4}$ cup.
 spoons. Water 3 tablespoons.
 Sugar $\frac{1}{2}$ cup. Eggs 2.

Heat the pineapple juice and water in double boiler. Beat eggs until light, gradually adding sugar, add hot liquid to egg mixture and cook over hot water until mixture thickens and coats a spoon. Add orange and lemon juices and remove from fire. Then when cold add stiffly beaten whipped cream.

MISS ADELE SCHERTEL.

Horseradish Dressing.

Vinegar 1 teaspoon. Mustard 1 teaspoon.
 Salt $\frac{1}{2}$ teaspoon. Egg yolk 1.
 Olive oil 2 table- Horseradish (grated) 2 tablespoons.
 spoons.

Beat the vinegar, mustard, salt and egg yolk together, then add olive oil and horseradish.

MRS. M. R. BEARD.

Hot Salad Dressing.

Egg 1. Cider vinegar 3 table-
 Sugar 3 tablespoons. spoons.
 Milk or water 1 cup. Bacon 2 thick slices.
 Pinch of salt.

Beat egg and salt, add sugar, beat well, add vinegar and when well blended add milk or water. Dice bacon, fry crisp, add mixture and stir until thick. Should have the consistency of medium thick mayonnaise.

MRS. W. J. ETTINGER.

Lemon Salad Dressing.

Egg yolks 2. Salt $\frac{1}{2}$ teaspoon.
 Flour 1 tablespoon. Sugar 1 tablespoon.
 Butter 1 tablespoon. Lemons 2.
 Water $\frac{1}{2}$ cup. Pepper to taste.

Blend flour, sugar and salt together, add 2 tablespoons water to yolks of eggs and beat well. Stir the dry ingredients into the yolks and beat until smooth. Add yolk mixture slowly to $\frac{1}{2}$ cup water boiling in pan and stir briskly until thick, about 2 minutes, then add butter, let cool, then add lemon juice and when ready to serve a little cream.

MRS. JOHN HAGAN.

Mayonnaise Dressing.

Egg yolks 3. Mustard (dry) 1 table-
 Sugar 1 tablespoon. spoon.
 Cayenne pepper 1-10 Salt 1 teaspoon.
 teaspoon. Salad oil (olive) 1
 Vinegar $\frac{1}{4}$ cup. pint.

Beat yolks of eggs, mustard, sugar, salt and cayenne together well and beat in very gradually the olive oil,

alternating with the vinegar. When quite stiff stir in a little more vinegar, about 2 tablespoons more, and just before using add a few tablespoons of cream.

MRS. H. ROSENDALE.

Roquefort Cheese Dressing.

Roquefort cheese 1 Mustard (dry) $\frac{1}{2}$ tea-
 portion. spoon.
 A-1 sauce 2 table- Worcestershire sauce
 spoons. 1 tablespoon.
 Salt $\frac{1}{2}$ teaspoon. Olive oil 5 tablespoons.
 White pepper $\frac{1}{2}$ tea- Vinegar 2 tablespoons.
 spoon. Paprika $\frac{1}{2}$ teaspoon.

Put cheese and all dry ingredients through a coarse sieve, add Worcestershire and A-1 sauces. Beat all the time, add olive oil, vinegar and beat until very smooth.

MRS. WILLIAM HILDEBRANDT.

Grandmother's Sour Cream Dressing.

Sugar 1 tablespoon. White vinegar (or half
 Dash of paprika. lemon and half vine-
 Sour cream 1 cup. gar) 3 tablespoons.
 Salt $\frac{1}{2}$ teaspoon.

Beat all of the above ingredients together very thoroughly.

MRS. C. KNUDSON.

Sweet Cream Salad Dressing.

Cream (double) $\frac{1}{2}$ Sugar $\frac{1}{4}$ teaspoon.
 cup. Salad oil 2 teaspoons.
 Lemon juice 1 table- Salt 1-16 teaspoon.
 spoon. Pepper.

Whip the cream until it starts to thicken into a cream. Add a few drops of salad oil at a time until two teaspoons of oil have been added and the cream is whipped until it is stiff and holds a definite mold. Then add one tablespoon of lemon juice, the salt, a slight seasoning of pepper and the sugar. The lemon juice should also be added a drop at a time. This will hold a definite shape for a few hours, but it is not a dressing which will keep several days.

Sour Cream Dressing.

Sour cream (double) Pepper.
 $\frac{1}{2}$ cup. Salad oil 2 teaspoons.
 Vinegar 1 table- Mustard (prepared) $\frac{1}{4}$
 spoon. teaspoon.
 Onion juice 1-16 Salt 1-16 teaspoon.
 teaspoon.

Whip the sour cream and add salad oil, vinegar, prepared mustard, onion juice, salt and a touch of pepper to flavor the sour cream. The seasonings of oil and vinegar should be added slowly until it is seasoned to the desired flavor. A few drops at a time should be added so that the emulsion is never ruined.

SANDWICHES

Closed—Open

Open-faced sandwiches are a pleasing variation from the closed sandwich. Although they probably originated from a desire to make the sandwich plate more attractive through color and variety, they are just as satisfactory as a closed sandwich for refreshment purposes.

Open-faced sandwiches are used more for the afternoon tea and the party service.

CLOSED SANDWICHES.

Avocado Pear Sandwich.

Alligator or avocado Pear 1.
Pecans 2 ounces.
Mayonnaise thinned
Ripe olives 6. with lemon.
Celery 1 stalk. Salt, paprika.

Peel avocado. Remove large stone. Grind pecans and olives and celery. Make a paste by mixing these with mashed avocado pear. Toast white bread for sandwich. Place lettuce leaf on bread with no butter. Add mayonnaise thinned with lemon juice to avocado paste. Spread on lettuce. Place lettuce leaf on top of mixture. Inclose in toasted bread. Mix seasoning with paste.

ADELAIDE BRUMFIELD.

Brown-Eyed Susans.

Whole-wheat bread Cheese 5 slices.
5 slices. Dates 5.
White bread 5 slices.

Cut whole-wheat bread and cheese into circles with biscuit cutter and the white bread with a doughnut cutter of the same size. Spread whole-wheat bread with softened butter, place slice of cheese on it, top with ring of white bread and fill hole with a pitted date that has been stuffed with peanut butter or chopped nuts.

MRS. ZELMA JESSUP.

Celery Nut.

Sandwich bread 1 Condensed milk 2 ta-
long loaf cut in blespoons.
thin slices. Celery (finely cut) ½
Butter ¼ pound. cup.
Lettuce 1 small Walnuts (finely cut)
head. ½ cup.
Mayonnaise 1 cup.

Mix together the mayonnaise, milk,

celery and nuts. Spread the mixture on one side of the sandwich, lay a piece of crisp lettuce on top of this and then top the sandwich with the other slice of bread which has been buttered. Cut the sandwiches cornerwise, making triangular-shaped sandwiches. MRS. LYDIA W. ROOSMAN.

Cheese and Egg.

Canned cream ½ Mustard 1 teaspoon.
cup. Pepper ½ teaspoon.
Pimento cheese Pepper ½ teaspoon.
(chopped fine) ½ Salt ¾ teaspoon.
pound. Egg (well beaten) 1.
pound.

Heat cream in double boiler, add the cheese and stir until dissolved. Add mustard, pepper, salt and egg. This filling will keep a long time.

MRS. HARRY F. BARR.

Cheese, French Toast.

Cottage cheese Milk 2 tablespoons.
(creamed). Grape jelly.
Egg 1.

Make a sandwich of creamed cottage cheese on buttered bread. Dip both sides of sandwich in egg which has been beaten with milk, and fry in butter. Cut crosswise and serve with a spoonful of grape jelly in the center.

MRS. A. E. ROSENBLUM.

Cheese and Fruit.

Cottage cheese ½ Graham crackers
cup. (rolled fine) 4.
Raisins (chopped) Cream or mayonnaise
¼ cup. 3 tablespoons.
1 tablespoon.

Spread the bread with the mixture and cut in two, making a long, thin sandwich.

MRS. W. B. MURPHY.

Cheese, Nut, Vegetable.

Cream cheese 2 Cucumbers (chopped
packages. fine, seeds removed)
Mayonnaise 3 table- 3 tablespoons.
spoons. Cream (whipped) 2
Walnuts (chopped tablespoons.
fine) 2 table- Sandwich bread 1
spoons. large loaf.

Chop cucumber, place in strainer to drain off liquid. Place cheese in mixing bowl and cream with fork until smooth, add mayonnaise, stir until smooth. Add cream and nuts and beat again. Add cucumbers last and beat again. Slice bread, remove

crusts, cut each slice as desired. Spread with cheese mixture and cover with another slice of bread. Bread may be buttered or not.

EMMA C. DE WITT.

Cheese, Slaw, Ham, Chicken.

Rye bread 2 slices. Ham (boiled, cold, sliced).
Swiss cheese. Chicken or other fowl (sliced).
Cole slaw 3 table- spoons. (sliced).
Mayonnaise.

Butter slice of bread and place slice of cheese on it, then 3 table-spoons cole slaw mixed with mayonnaise, then cold boiled ham slice, then chicken slice. Cover with other buttered slice of bread and press firmly together. Amounts given for single serving.

ORREA FOX.

Cheese and Spinach.

Cheese. Lemon juice.
Spinach (chopped). Mayonnaise.

Moisten cheese and chopped spinach with lemon juice and mayonnaise. Spread on any kind of bread.

MRS. C. A. KNUDSON.

Chicken.

Chicken (cooked and chopped) 1 cup. Salad dressing $\frac{1}{4}$ cup.
Celery $\frac{1}{4}$ cup. Sandwich bread 1 loaf.
Ripe olives $\frac{1}{4}$ cup. Butter (soft) $\frac{1}{4}$ cup.
Pimento 2 tablespoons.

Mix chopped chicken with celery, olives, pimentos and dressing. Spread on rounds of buttered bread and top with bread.

MRS. HARRY C. NITSCHKE.

Chicken.

Gelatin 1 teaspoon. Salt and paprika $\frac{1}{2}$ teaspoon.
Chicken (ground) 1 cup. Whipping cream 1 cup.
Parsley 1 teaspoon. Water 4 teaspoons.
Lemon juice 1 teaspoon.

Soak gelatin in water and dissolve over hot water. Add chicken, parsley, lemon juice, salt and paprika. When cool and slightly thickened fold in the cream stiffly beaten. Smooth the mixture into an even sheet and let cool. Slice and serve between buttered bread, such as nut bread.

MAUREEN NEWTON.

Chicken.

Egg yolks 2. Lemon juice 1 tea- spoon.
Butter (melted) 1 teaspoon. Salt, pepper.
Chicken 1 cup. Stock 1 teaspoon.

Cook eggs 10 minutes. Take out yolks and mash as fine as possible.

Add to this melted butter and lemon juice, finely chopped chicken, salt, pepper and stock. Mix well together and spread the resulting paste on bread.

ANNA BEDUHN.

Club Sandwich (Cheese, Jelly, Celery, Parsley).

Whole-wheat bread White bread $\frac{1}{2}$ loaf.
1 loaf. Lettuce $\frac{1}{2}$ small head.
Currant jelly 1 small Mayonnaise dressing.
glass. Cream cheese 1 pack-
Celery 1 small stalk. age.
Parsley.

Mix cream cheese and currant jelly to a smooth paste, add 1 tablespoon cream, if necessary. Spread this on whole-wheat bread, add a slice of buttered white bread, on this a spread of lettuce, celery and parsley very finely chopped and mixed with mayonnaise dressing to taste. Lastly add slice of whole-wheat bread and cut sandwich diagonally. Put in cool place until ready to serve.

MRS. J. GEORGE BROWN.

Club Sandwich.

Toast (buttered). American cheese.
Bacon. Pineapple.
Lettuce. Mayonnaise.

On a slice of toast place a thin slice of cheese and brown in the broiling oven. Cook bacon, 2 slices for each sandwich. Saute sliced pineapple in bacon fat. Place slice of pineapple on top of cheese, then a leaf of lettuce and another slice of toast. On top place bacon and a lettuce cup with mayonnaise.

MISS EMYLE NOVY.

Club Sandwich with Meat.

White bread 9 slices. Apple (ripe, diced) $\frac{1}{2}$.
Celery (finely minced) 1 cup. Salt, paprika.
Sweet pickles Salad dressing 2 ta-
(minced) 3. blespoons.
Canned pimento Lettuce.
(minced) 1. Ham (boiled, cold)
thin slices.

Brown 3 slices of bread in butter in frying pan. Butter the remaining slices. Blend the celery, pickles, pimento and apple with the salt, paprika and salad dressing. On one buttered slice of bread place a lettuce leaf moistened with salad dressing, then a slice of ham, next the toasted slice of bread, followed by the salad mixture, covering with the remaining slice of plain buttered bread. Cut into halves.

MISS MARJORIE MILLER.

Egg.

White bread. Salt, pepper.
Butter. Thousand island dress-
Eggs (hard cooked). ing (diluted with
Mustard (ground, milk).
dry) $\frac{1}{4}$ teaspoon.

Cut paper-thin rounds of bread and spread with butter. Spread half the slices with hard-cooked eggs ground and mixed with salt, pepper, mustard, thousand island dressing and milk. With the removable center of doughnut cutter cut rounds from remaining half of slices. Place these on center of the larger rounds. Slice stuffed olives and place one slice in center of each sandwich.

MRS. PAUL G. KELLY.

Fruit.

Prunes (cooked and Pancake dough.
pitted).

Slice stale white bread; cut sandwiches large or small as preferred. Fill with prunes, dip and cover these sandwiches in a rich pancake dough, then fry in deep lard.

MAYME NORTHOFF.

Fruit.

Ripe olives (minced) Raisins $\frac{1}{2}$ cup.
12. Orange marmalade 4
Dates (stoned) 12. tablespoons.
Figs 6. Lemon juice $\frac{1}{4}$ tea-
Shredded coconut $\frac{1}{2}$ spoon.
cup.

Put dates, figs, raisins and coconut through grinder. Mix with minced olives, add marmalade and lemon juice and rub to a paste. Spread one-day-old whole-wheat bread freely with butter that has been creamed by working with a spoon. Place about 2 tablespoons of filling between two buttered slices and press together lightly. C. HAHN.

Ham.

Supper ham and Mayonnaise dressing.
boiled ham $\frac{1}{4}$ Pimentos 1 small can.
pound each. Black pepper, cayenne
Sweet-sour pickle pepper, salt.
(large) 1.

Put two kinds of ham through food grinder twice, grind the pickle, green pepper and pepper, being careful to catch all the juices in grinding. Add the seasoning to the other ingredients and put all together with enough mayonnaise dressing to make creamy and wet enough to spread. Spread

quite thickly between thin slices of bread and butter.

FLORENCE M. WILLIAMS.

Liver.

Paprika, onion powder, salt, pepper. Beef liver 1 pound.

Chop the liver into small pieces and stew until thoroughly done. Chill and grind fine in food chopper, then add dash of paprika and remaining seasonings. Mix well and spread on rye or bran bread with lettuce leaf and slice of sweet pickle.

GEORGE T. WORD.

Liver.

Calf's liver (sliced) Few peppercorns and
1. cloves.
Bay leaf, blade of Celery 1 stalk.
mace. Eggs (hard cooked) 2.
Onion 1. Butter 2 tablespoons.

Cook liver until tender in water to cover with bay leaf, mace, onion, peppercorns and cloves. Drain liver, chop with small onion, celery and eggs. Chop to paste and mix with butter. Season with salt and paprika.

MRS. JEANETTE EHLERT.

Pork.

Pork (lean) $1\frac{1}{2}$ Celery (chopped) $\frac{1}{2}$
pounds. cup.
Nuts (chopped) $\frac{1}{2}$ Sweet pickle (chopped)
cup. $\frac{1}{2}$ cup.
Mayonnaise.

Boil pork until tender. When cool run through food chopper. Mix in the nuts, celery and pickle with meat. Add enough mayonnaise to make mixture of consistency to spread, and spread on slices of buttered toast.

MRS. C. C. CONNER.

Sardine.

Sardines $3\frac{1}{2}$ ounces. Celery (finely minced)
Catsup 1 tablespoon. 2 stalks.
Onion (small, Mayonnaise 1 table-
grated) 1. spoon.

Butter 2 slices of white bread. Drain the oil from the sardines, put into soup plate and mash sardines with fork, add catsup, onion, celery and mayonnaise. Spread mixture on bread, place leaf of lettuce over, then second slice of bread. Press down, cut off crusts and cut as desired.

LINA W. SINGER.

Tomato and Cheese.

Whole-wheat or Soft cheese, American
white bread. or brick.
Butter. Tomatoes.
Celery.

Slice the required number of slices

of bread. Spread with creamed butter. Spread half of the slices with cheese, and cover with thin slices of tomato. Sprinkle over this finely cut celery. Cover with another slice of bread and cut in two diagonally. Serve with sweet or dill pickle.

EDNA WALTHER.

Tuna Fish.

Pimento (chopped) 1 tablespoon. Tuna fish (minced) ½ cup.
Celery (chopped) ½ cup. Mayonnaise ¼ cup.
Salt ¼ teaspoon. Bread.

To the tuna fish add celery and peppers, mix together well, moisten with mayonnaise and season with salt. Use as filling for white bread sandwiches.

MRS. E. DICK.

Tongue.

Long rolls. Celery (chopped).
Tongue (minced). Sprig of parsley.
Pickles (chopped). Celery plumes.

Split rolls in two, remove a little of the soft part and fill the cavity with tongue seasoned with chopped pickle and celery. Place a celery plume or sprig of parsley in each roll and carefully replace top.

MRS. E. J. SCHOKNECHT.

Vegetable.

Celery (finely minced) 2 table- Baked beans 2 cups.
spoons. Onion (finely minced) 1 table-
spoons. Sweet pickles 3.
Mayonnaise 2 table- Dash of pepper.
spoons.

Slice bread, whole wheat, rye or white bread and butter, put lettuce leaf on slices, then the mixture of vegetables, etc. Paper-thin slices of tomatoes may be used. Two different kinds of bread may be used. Press bread together and cut as desired.

A. DONAVAN.

Vegetable.

Mushrooms (chopped) 1 small can. Tomatoes (medium, sliced) 2.
Lettuce 1 small head. Bacon strips (halved) 5.

White bread 10 pieces.
Toast the bread slowly. Saute the chopped mushrooms until brown. Butter 5 slices of toasted bread and spread with mushrooms. Place toast with mushrooms back in oven to keep hot (turn off the fire). Fry bacon until crisp. Take toast and mushrooms out of oven, place leaf of lettuce over this, then tomatoes and layer of crisp bacon. Top with plain buttered toast.

MARIE NERGER.

Vegetable.

Beets (cooked, minced) ½ cup. Green pepper (minced) ¼ cup.
Carrots (raw, grated) ½ cup. Beans (cooked, finely shredded) ¼ cup.
Celery (minced) ½ cup. Gelatin 1 tablespoon.
Mayonnaise (thick). Lemon juice 1 table-
spoon.

Soften gelatin in lemon juice and melt over steam. Moistens vegetables with mayonnaise and add gelatin. Slice whole-wheat bread very thin and spread with creamed butter and the vegetable mixture. Press together in pairs.

MRS. E. REDMAN.

Vegetable and Egg.

Beets (boiled) 5. to spreading consistency.
White bread 5 slices. Tomatoes (medium sized, put through meat grinder) 3.
Whole-wheat bread 10 slices. Watercress 1 bunch.
Eggs (hard cooked, put through meat grinder) 3. Cottage cheese (moistened with cream) ½ pound.
Mayonnaise to hold eggs and tomatoes

Butter 5 slices whole-wheat bread and cover with sliced beets, spread white bread with just enough cheese to cover and cover all with watercress; place on top of beets, spread balance of whole-wheat bread with tomatoes and eggs thoroughly mixed with mayonnaise and place on top of cress. Trim off crusts and cut to suit, either round or square, etc.

MARY A. VELDON.

OPEN SANDWICHES.

Rolled Asparagus Sandwich.

Asparagus tips 1 small can. White bread 1 loaf.
Butter (melted).

Butter slices of white bread and remove crusts. Place one asparagus tip on each slice. Roll tightly and fasten with toothpicks, dip in melted butter and toast in very slow oven. When golden brown remove and serve immediately.

ELLA M. HYDE.

Bacon, Egg and Cheese.

Bacon (sliced) ½ pound. Mayonnaise dressing.
Pimentos 1 small can. Cheese (grated) 4 table-
spoons.
Eggs 3.

Fry bacon medium crisp. Hard cook the eggs. Run the bacon, eggs, pimentos through the meat chopper, pour bacon grease over all and juice of pimentos. Stir in enough mayonnaise to make a thick paste. Toast on one side only 8 slices of bread, butter the untoasted side, spread on the paste and sprinkle lightly with

the grated cheese. Put in hot oven, brown lightly, garnish with parsley and serve.

RUBY DELIGHT.

Bacon, Egg and Tomato.

Bacon 4 slices. Eggs 3.
Tomatoes (medium sized) 2. Salt and pepper to taste.
Lettuce leaves. Toast for 5.

Cut bacon fine, cook crisp in skillet; add chopped tomatoes and cook until soft. Slightly beat eggs and stir until all is of nice consistency over fire.

EDITH HEPBURN.

Caviar.

Caviar 2 cans. Bread (toasted) 8
American cheese slices.
(grated) ½ pound. Juice of half an onion.
Flour 2 tablespoons. Butter 2 tablespoons.
Mushrooms 1 small can. Milk 1 pint.
Salt ¼ teaspoon.

Squeeze onion juice over buttered toast from which crusts have been trimmed. Spread with caviar. Over this pour a sauce made by melting the butter and blending in the flour until it forms a smooth paste. Gradually add the milk, stirring to prevent lumps, then stir in the grated cheese and mushrooms from which most of the juice has been drained; add salt. Pour over the caviar on toast. Paprika and pimento may be added.

MRS. HAROLD SPENCER TAYLOR.

Caviar.

Bohemian rye bread. Eggs (hard cooked) 3.
Stuffed olives Caviar.
(sliced). Anchovies.
Half lemon slices. Lettuce leaves.

Use the large round bread. Remove the entire bottom crust, then cut an even slice across about ¾ inch thick. Place a mound of caviar on center of bread. Rice whites of eggs in a circle around caviar. Then place anchovies in a ring around egg whites. Rice egg yolks in third circle and make outer ring of sliced stuffed olives. Serve on lettuce leaves, cut as a pie and garnish with half lemon slices.

MRS. JOSEPH J. BURITA.

Caviar, Sardines and Anchovies.

Bread 1 loaf. Lemon juice.
Salad dressing (with Green pepper.
whipped cream). Butter.
Sardines (boneless, Horseradish.
skinless) 1 small Egg (hard cooked).
can.

Slice bread very thin, cut into

rounds 2 inches in diameter, half of them with large holes 1½ inches in diameter cut in center. Mash sardines to a paste, add salad dressing, horseradish and lemon juice to make moist enough to spread. Butter lower rounds of bread slightly, spread with the filling. Place open round on top and decorate with hard-cooked eggs put through a sieve, or make a daisy, leaves of white and center of yolk, with green pepper for leaves and stem.

MRS. ALFRED G. TRURUP.

Cheese.

Sandwich bread 1 Butter (creamed).
loaf. Cheese (yellow, spread-
Mayonnaise. ing).
Cream cheese (col- Parsley (finely
ored green). chopped).

Slice bread lengthwise of the loaf and place in damp cloth for ½ hour. Spread each slice with creamed butter and mayonnaise. Beginning at one end spread a third of the slice with yellow spreading cheese, the center third with cream cheese colored green, and the remaining third with the yellow cheese. Roll tightly and place in a damp cloth until ready to serve. Slice as you would jelly roll. Decorate with parsley.

MRS. T. I. KNIGHT.

Cheese.

Bread 5 slices. Cottage cheese ¾ cup.
Grape nuts ¼ cup. Pimentos.
Almonds.

Cut the bread in large circular pieces, removing crust. Mix the cottage cheese and grape nuts thoroughly. Spread the bread with this mixture. Form a poinsettia in the middle of each sandwich, using thin slices of pimento for the petals and an almond for the center of each.

MRS. D. R. MURRAY.

Cheese.

Bread (medium Cream cheese 1 pack-
thickness) 5 slices. age.
Peanuts (salted) ¼ Cracker 1.
cup.

Put peanuts and cracker through food chopper. Trim crusts from bread and cut each slice into 3 pieces. Toast on both sides. Butter and return to broiler to keep hot. Spread each piece generously with cream cheese and dust with nut mixture all that will adhere. Serve at once.

EMMA B. AYLWARD.

Cream Cheese.

Sandwich bread 1 loaf.
 Cream cheese 4 pkgs.
 Green pepper (chopped) 1.
 Ham (chopped) ½ pound.
 Cream ¼ cup.
 Eggs (hard cooked) 3.
 Butter (creamed) ½ cup.
 Mayonnaise.
 Pimentos (chopped) 2.
 Almonds (whole).

Remove crusts from bread and cut lengthwise into 4 slices ½ inch thick. Spread each slice with the creamed butter. Put layers together, alternating with the three fillings of (1) hard-cooked eggs put through a ricer with mayonnaise to moisten, (2) ham and chopped pimentos with mayonnaise to moisten, (3) 2 packages cream cheese and chopped green pepper. Compress under weight and place in refrigerator. The loaf should be under weight for about an hour. Remove weight and spread loaf with a mixture of 2 packages of cream cheese thinned with ¼ cup cream. Garnish top with whole almonds for flowers and cheese colored green and forced through pastry bag for stems. Slice and serve.

MRS. LUSTER R. KLEINKNIGHT.

Cream Cheese.

Cream cheese (thinned with cream).
 Bread.
 Stuffed olives.
 Green cherries.
 Salt.

Spread the cheese on bread, salt it to taste and trim as follows:

(1) Cut rounds of bread, make a center of orange marmalade and a border of ground nuts. (2) Cut squares of bread, make a center with a slice of stuffed olive and a border of chopped pimento. (3) Cut a triangle of bread and cheese, and make a border of half slices of stuffed olives. (4) Cut bread in the shape of a heart, decorate the border with half slices of red maraschino cherries. (5) Cut a rectangular section of cheese and bread, put slices of green cherries around the border and 2 dots of orange marmalade on the cheese. (6) Cut rounds of bread and cheese and border with slices of stuffed olives.

MRS. A. C. SCHROEDER.

Cheese and Bacon.

Bread 1 small loaf.
 Condensed milk 3 tablespoons.
 Pimento cheese 6 ounce package.
 Bacon ½ pound.

Cut bread in slices ¾ inch in thick-

ness. Cream cheese with milk to consistency of butter. Spread on bread. Cut bread in triangle fashion. Halve bacon slices and place half on each triangle of bread. Place in broiler under low flame for 20 minutes.

MRS. J. W. HODINA.

Cheese and Parsley Roll.

Sandwich bread 1 loaf.
 Cream cheese (softened).
 Parsley (chopped).

Remove crusts from bread, cut thin slices lengthwise and spread whole slice with softened butter. Then spread with filling made from cream cheese softened with cream or salad dressing and mixed with chopped parsley. Roll up each slice like jelly roll. Cover with damp cloth and let stand. Slice thin.

MRS. W. J. MALCOMSON.

Cheese Puff.

American cheese 1 cup.
 Baking powder ½ teaspoon.
 Egg whites 3.
 White bread.

Cut rounds of white bread and toast them. Put cheese through grater or ricer. Beat egg whites until very stiff and add baking powder at the last. Fold cheese in egg whites and place on rounds of toast. Put on heated broiler under flame and bake till golden brown under a slow flame.

MRS. E. CAPOUCH.

Cheese Utilis.

Cottage cheese 2 cups.
 Pimento 1 slice.
 Onion (small, grated) ½.
 Cream (whipped) ¼ cup.
 Salt ½ teaspoon.
 Green pepper (sweet) 1.
 Celery (tender) 3 stalks.
 Nuts ½ cup.
 Mayonnaise dressing ¼ cup.

Chop pepper, pimento, celery and nuts very fine. Mix mayonnaise and whipped cream. Add cottage cheese to other ingredients, stirring in the dressing gently with a silver fork.

MRS. ALICE L. INGRAM.

Cinnamon Toast.

Bran or whole-wheat bread ½ loaf.
 Butter ¼ cup.
 Walnuts (chopped).
 Sugar ½ cup.
 Cinnamon 1 teaspoon.

Slide bread about ½ inch thick. Cut circles with small baking powder can. Blend sugar, butter, and cinnamon, mixing thoroughly to the consistency of a thick paste. Spread each circle with same, topping off with finely chopped walnuts.

MRS. P. J. HEALY.

Corned Beef.

Eggs 6. Salt $\frac{1}{2}$ teaspoon.
 Corned beef 1 can. Touch of pepper.

Crush corned beef, cook eggs 5 minutes, peel and cut fine or mash into corned beef. Salt and pepper. Spread on white or rye bread with a slice of tomato. (Toast may be used.)

MRS. C. KURTH.

Cottage Cheese and Honey.

White or whole-wheat bread (sliced, toasted). Honey. Nuts (chopped, mixed in cottage cheese). Lettuce (crisp). Butter.

Toast the required number of slices of bread; butter these well, laying on each slice a large portion of crisp lettuce. Spread over this a mixture of cottage cheese and chopped nuts and over this spread a dash of honey and cut the bread diagonally.

MISS HAZEL BROWN.

Crabmeat.

Amounts given for single serving.

Bread (buttered) 2 thin slices. Lettuce leaves (crisp) 2.

Salad of crabmeat and celery mixed with mayonnaise. Place buttered bread slices on plate, then place on these lettuce leaves, then crabmeat and celery salad mixed with mayonnaise. Top with mayonnaise and then fancy cuts of pimento.

ETHEL VAUGHAN.

Egg-Anchovy.

Eggs (hard cooked) 4. Anchovy paste $\frac{1}{2}$ cup. Onion (small, minced fine) 1. tube.

Put eggs through the ricer, reserve $\frac{1}{2}$ for top of sandwich and mix the rest with anchovy paste and onion. Spread on slices of rye and white bread cut in fancy shapes and sprinkle other $\frac{1}{2}$ of riced egg over top and decorate with green pepper pimento and a sprinkling of paprika.

MRS. M. RUBY.

Egg, Caviar, Sardines.

Rye bread 1 loaf. Egg (hard cooked, chopped). Caviar. Sardine paste. Parsley.

Cut 1 large slice through center of round loaf of rye bread, so as to make a larger slice. round and $\frac{1}{2}$ an inch thick. Butter it, then arrange in rows starting at outer edge with

chopped hard-cooked egg white, then a row of sardine paste, then chopped yolk of egg, then parsley and caviar in the center. Slice through center like pie, leave together and serve from the whole. MRS. HARRY H. MILLER.

Flower Sandwiches.

Poppies: Take small short strips of smoked salmon, roll them up, take 4 of the rolled pieces and form a poppy flower on buttered white bread, put one caper in the center.

Daisies: Cut hard-cooked eggs in halves, remove yolks, cut whites in slim strips, place them on buttered whole wheat bread sandwiches as a daisy, put finely chopped egg yolk in center and parsley leaves.

Wild roses: Cut thin slices from the outer parts of red radishes and put them in shapes of wild roses on whole-wheat bread sandwiches which have been spread before with butter and cream cheese, the latter mixed with a few very finely chopped spinach leaves. Use 1 chopped egg yolk for center.

MRS. GEORGE BOSSE.

Fruit and Cheese.

Cream cheese 1 package. Cream. Almonds (salted). Orange marmalade.

Cream cheese, add enough cream to make it spread easily. Spread on rounds of whole-wheat bread. Place salted almonds in daisy shape and place $\frac{1}{4}$ teaspoon of orange marmalade in center. MRS. J. A. NANSEN.

Fruits and Nuts.

Raisins (seeded) 1 cup. Nuts $\frac{1}{2}$ cup. Orange 1, lemon 1. Dates and figs (grated rind and juice). (mixed) 1 cup.

Mix all the above together. The mixture will keep a long time in sealed jar. Spread on thin slices of buttered bread.

EDITH GROSS DOWELL.

Ham.

Bread. Cottage cheese. Mustard. Red and green peppers. Stuffed olives. Ham (boiled, chopped).

Cut circular slices of bread with biscuit cutter. Between 2 thin slices

spread chopped boiled ham with a little mustard. On top spread cottage cheese. Place a pimento olive in the center for the hub, and make the spokes of thin strips of red or green peppers.

MARY A. REED.

Ham.

Boiled ham (ground fine) $\frac{1}{2}$ pound. Piccalilli 1 small jar. Mayonnaise $\frac{1}{4}$ cup. English walnuts $\frac{1}{4}$ pound.

Chop fine and mix all the above together. Cook 3 eggs hard. Have bread ready in desired size and shape, put lettuce on the bread, then minced ingredients on it and slice the eggs and spread on top the meat.

MRS. G. LITTREL.

Ham.

Salted peanuts (ground) $\frac{1}{8}$ cup. Pickle (small). Ham (ground) $\frac{1}{2}$ cup.

Mix all the above together with enough mayonnaise to spread nicely. Toast slices of bread and cut with a round or fancy cutter, spread thinly with butter and ham mixture. In the center of each put half a stuffed olive cut side up and sprinkle with a little chopped stuffed olive around the edge. Makes about 12.

MRS. CONRAD S. HEGSTROM.

Iceberg or Icebox.

Sandwich bread 1 loaf. Tuna fish. Mayonnaise. Tomatoes (thinly sliced). Cream cheese (worked to paste with cream). Eggs (hard cooked, sliced).

Cut bread in thin slices lengthwise of the loaf. Cut off crust edges. Spread each slice with butter if preferred. Spread one lengthwise slice of bread with tuna fish and mayonnaise, a second slice with tomatoes and mayonnaise, a third with sliced hard-cooked eggs and mayonnaise. Place slices in tiers. Cut in strips the width of loaf, making each piece about 2 inches wide. Spread all sides of each strip with cream cheese, garnishing with slices of stuffed olives on the top. Place in the icebox at least 1 hour before serving.

MRS. H. MACKLEM.

Pickled Lamb.

Breast and flank of lamb. Onion 5 or 6 slices. Brine. Salt.

Scrape the meat off the bones, wash in warm water and dry with a cloth. Cut onion around the meat and cover all over with thin layer of salt. Roll up tight and sew together, starting on the side and continuing around one end, first pushing in all loose ends, then sewing the other end the same way. Sew all as tight as possible. Put in brine for 10 days or more, then cook like ham for about 3 hours. Leave until cool in liquid. Press down in shape between two plates, then set in refrigerator for several hours, then pull off strings and slice thin and serve on sandwiches.

LYRICA MYNNING.

Liver.

Chicken livers (large, pan broiled) 4. Eggs (hard cooked) 3. Sweet pickles (small) 2. Celery (minced) $\frac{1}{2}$ cup. Parsley (minced) 1 tablespoon. Shake of paprika. Onion salt 1 teaspoon.

Run all the above articles through a meat chopper, mix well with $\frac{1}{2}$ cup of highly seasoned mayonnaise. Spread on bread.

MRS. W. T. EASTER.

Loaf Sandwich.

Sandwich bread 1 loaf. Butter. Ham (chopped). Lettuce (chopped). Mayonnaise. Egg (hard cooked, chopped). Cream cheese (softened) 2 packages. Sandwich spread.

Cut crust off loaf of bread, slice lengthwise twice. On lower slice, butter, spread a filling of lettuce, ham, hard-cooked egg mixed together with mayonnaise. Place second slice thereon, butter, and spread with sandwich spread. Place top layer on. Frost outside with cream cheese.

MRS. J. H. COSSITT.

Raw Meat.

Pumpnickel. Butter. Round steak. Egg yolk (fresh). Salt and pepper. Horseradish root.

Slice bread evenly, spread with butter, scrape round steak and spread on top, pour egg yolk over, season

with salt and pepper, 'scrape horse-radish root and put on enough to flavor. MRS. HARRIETT RASMUSSEN.

Nuts.

Lettuce leaves (crisp) 6.
English walnuts 12.
Black walnuts 6.
Butter (melted) 1
tablespoon.

Olives (seeded) 12.
Blanched almonds 12.
Celery (tender) 1
stalk.
Cream (whipped) 1
tablespoon.

Chop lettuce, olives, walnuts, almonds and celery together, add the butter and whipped cream and a pinch of salt. Spread the mixture over very thin slices of white bread cut in fancy shapes.

MRS. CORA BUCHUE.

Nuts and Olive.

Blanched almonds 1 cup.
Olives (ripe) 12.
Sweet green pepper 1.

Pinch of salt.
Apple 1.
Stuffed olives 12.
Head lettuce (chopped) 1 cup.

Chop the above together and add enough mayonnaise to moisten to a paste. Spread on thin slices of buttered bread.

MRS. GEORGE S. JOHNSON.

Olive, Green Pepper and Cheese.

White bread 1 loaf.
Crushed olives 1 medium-sized bottle.
Cream cheese 1 package.

Whole-wheat bread 1 loaf.
Green pepper 1.
Pimento cheese 1 package.

Slice loaves of bread in desired shapes and thickness. Slice olives, shave green pepper, cream the two cheeses separately with cream. Spread pimento cheese on white bread and cream cheese on whole-wheat bread. Place sliced olives to represent flowers and green pepper for stems and leaves.

MRS. R. E. LEE.

Pineapple and Cheese.

Cream cheese ½ cup.
Crushed pineapple (drained) ½ cup.

Pecan meats (chopped) ½ cup.
Rye bread.

Softened cheese and add nuts, pineapple and mix all well. Cut bread in thin slices in desired shape. Spread with butter and then cheese mixture. Put some green fruit coloring in some more cheese and put in through a pastry bag, making a border around each sandwich. Serve with olives and celery.

MRS. NELS BAKHE.

Ribbon Sandwich.

(1) Red—Ham 4 slices.
Pimento (chopped) 2 tablespoons.
Celery (minced) 1 tablespoon.
Mayonnaise 1 tablespoon.
(2) Green—Parsley 3 tablespoons.
Mayonnaise 2 tablespoons.
Olives or sweet pickles (chopped) ¼ cup.

(3) Yellow—Eggs 2 (hard cooked, rubbed through a sieve and seasoned with 1 teaspoon mayonnaise).
Few grains pepper and salt.
(4) Cream—Cream cheese (softened with sweet cream or mayonnaise) ½ package.
Pecans or walnuts (chopped).

Remove all crusts from a loaf of bread and slice lengthwise into five sections. Put together with a different color filling between each two layers, leaving the bread plain on top and bottom. Wrap in a damp cloth and place a heavy weight on top. Let stand one hour or more to press the layers firmly together. Cut in 1-inch slices and serve with a fork as slices.

ELEANOR CAWLEY.

Salmon.

Sweet relish 2 tablespoons.
Celery (chopped fine) 1 stalk.
Red salmon 1 can.
Egg (hard cooked, chopped) 1.
Pimento (large, chopped) 1.

Remove bones from salmon and combine all ingredients. Toast bread and spread with above mixture and garnish with stuffed olives which have been cut in rings.

MRS. E. B. OLIVER.

Tomato, Cheese, Green Peppers.

Bread (white or brown) 5 slices.
Green pepper 1.
Brick cheese ½ pound.
Pepper.

Tomatoes (medium sized) 2.
Onion 1.
Butter.
Celery salt.

Toast bread lightly. Butter well. Add a layer of tomatoes in small pieces, a layer of minced pepper and a layer of minced onion. Pepper all lightly, season well with celery salt, shave cheese over top and return to oven to melt cheese. Serve at once.

MRS. R. G. COE.

Tuna.

Tuna fish 1 7-ounce can.
Salt ½ teaspoon.
Olives 2 ounces.

Celery 1 small stalk.
Lettuce 1 small head.
Mayonnaise spread 6 tablespoons.

Mince tuna fish, chop celery fine and add tasty spread and seasoning. Butter bread, add leaf of lettuce and spread with tuna salad. Makes 12 sandwiches. Garnish with 2 olives.

MRS. R. W. JONES.

Veal.

Veal (lean) 1 pound. Dash of lemon.
 Green pepper 1. Celery 1 stalk.
 Mayonnaise 1 table- Eggs (hard cooked) 2.
 spoon. Pickle 1 tablespoon.

Cook and cool the veal. Cut it up with chopped celery, pepper and eggs, mix with mayonnaise, pickle and lemon. Serve with lettuce on toast or thinly cut bread.

MISS ROSE KRAUS.

Veal or Chicken.

Veal or chicken Celery (chopped fine)
 (finely chopped) 2 1 cup.
 cups. Salt and pepper to
 Mayonnaise. taste.

Mix the above ingredients together, moistening with mayonnaise until of spreading consistency. Use as a filling between two slices of buttered bread. Butter top slice of bread and place on it one more slice of bread spread with cream pimento cheese, to which a little chopped parsley has been added.

AGNES F. CASEY.

Vegetable.

Eggs (hard cooked) Green pepper (medi-
 4. um sized) 2.
 Pimentos 2. Celery hearts 3 stalks.
 Salt ½ teaspoon.

Chop or grind green peppers, pimentos and celery. Mash hard-cooked eggs fine with a fork, add a cup of mayonnaise and mix well together. Spread on crisp lettuce leaf on white bread and serve open with a touch of paprika.

MISS IRENE ZICKERMANN.

Vegetable.

Black winter rad- Whole-wheat bread.
 ishes or large Salt.
 white radishes.

Wash and pare the radishes and cut into very thin slices. Lay the slices in overlapping rows on buttered whole-wheat bread and sprinkle with a little salt. May be served with a bit of water cress and a ripe olive.

MRS. WALTER FLANDERF.

Vegetable.

Roast (sliced). Rye bread (buttered).
 Beets (pickled, Onions (raw, sliced).
 sliced). Pepper, salt and
 Egg (hard cooked, chopped parsley.
 sliced). Pickles.
 Lettuce leaf.

Place a thin slice of roast on bread, top this with a few slices of pickled beets, 2 slices of raw onions, several slices of hard-cooked eggs. Sprinkle with pepper, salt and chopped

parsley. Serve on lettuce leaf and garnish on both sides with a few pickles.

M. BOURGEOIS.

Veal Sandwich Spread.

Veal loaf (canned) 1 Sweet pickles 2.
 cup. Touch of cayenne.
 Onion (minced) 1 Green pepper (chopped)
 teaspoon. 2 teaspoons.
 Salad dressing Salt ½ teaspoon.
 (cooked) ¼ cup.

Mince the canned veal loaf. Chop the pickle, onion and green pepper and mix with the veal. Add sufficient cooked dressing to make a spread.

Cucumber Relish Sandwich Spread.

Cucumbers (chopped) Green pepper 2 ta-
 1 cup. blespoons.
 Mayonnaise dress- Nasturtium stems
 ing ¼ cup. (chopped) 2 table-
 Salt ¼ teaspoon. spoons.

Peel and chop and salt the cucumbers. Drain them well. Chop nasturtium stem and green pepper and add to the cucumber. Add sufficient mayonnaise dressing to make a spread.

Fig and Nut Spread.

Figs (canned) 1 Nuts ¼ cup.
 cup. Lemon juice 1 tea-
 Fruit juice salad spoon.
 dressing ¼ cup.

Drain and chop sufficient figs to make one cup. Add the chopped nuts. Mix these together and add lemon juice. Add fruit juice salad dressing to make a spread.

Mushroom, Celery, Sandwich Spread.

Mushrooms (cooked) Onion juice 1 tea-
 1 cup. spoon.
 Celery 1 cup. Dressing (cooked) ¼
 Salt ½ teaspoon. cup.
 Touch of cayenne.

Chop the mushrooms and celery and season with the onion juice, salt and cayenne. Mix with the cooked salad dressing.

Sardine Sandwich Spread.

Sardines ¼ pound. Mustard (prepared) ½
 Egg yolks (hard teaspoon.
 cooked) 3. Salad oil 1 tablespoon.
 Lemon juice 2 table- Green pepper 1 table-
 spoons. spoon.

Bone the sardines of the larger bones. Rub through a sieve or until they are smooth. Add the hard-cooked egg yolks, lemon juice, mustard and oil and rub until they make a smooth paste. Add the finely chopped green pepper. Spread on thin slices of rye bread.

SAUCES

Dessert—Meat

DESSERT.

Apricot Prune Sauce.

Prunes 1½ pounds. Apricots ½ pound.
Cinnamon 3 or 4 sticks. Sugar ½ cup.

Soak prunes and apricots overnight. Put in stewpan with enough water to cover, and when fairly cooking add sticks of cinnamon and sugar. Cook in stew until prune stones are loose and fruit is very tender. Add more water while cooking if necessary.

MRS. RUTH MACKEY.

Caramel Sauce.

Brown sugar 1 cup. Vanilla ½ teaspoon.
Salt ½ teaspoon. Cream (thin) ½ cup.
Granulated sugar ¼ cup. White corn sirup ½ cup.

Cook the sugar, salt and sirup together over a slow fire, stirring until it starts to boil. Cook to 241 degrees or a firm soft ball in cold water. Cool slightly and stir in cream and vanilla. Serve hot or cold.

MRS. ARTHUR SCHWANKE.

Chocolate Sauce.

Pulverized sugar 1 cup. Chocolate (melted) 2 squares.
Cream 1 cup.

Cook the above ingredients 2 or 3 minutes, then set pan in hot water. Just before serving add a very little butter and vanilla.

MRS. FLORA M. CHALLIS.

Chocolate Sauce.

Sugar ½ cup. Chocolate 2 ounces.
Cream (whipped) ½ cup. Milk (hot) ¾ cup.
Vanilla ½ teaspoon.

Melt chocolate over hot water, add sugar gradually, stirring constantly. Then add hot milk and cook 10 minutes. Remove from fire, add vanilla and fold in whipped cream. Serve immediately.

MISS CATHERINE O'MALLEY.

Chocolate Raisin Sauce.

Chocolate 1 square. Flour 1 tablespoon.
Raisins (chopped) 1 cup. Water (hot) 1 cup.
Sugar ½ cup.
Butter (melted) 1 tablespoon. Pinch of salt.
Vanilla 1 teaspoon.

Melt the chocolate in double boiler. Add hot water and raisins. Mix sugar, flour, salt and butter. Add to hot

mixture and cook until creamy, stirring constantly. Add vanilla when ready to serve. MRS. R. A. DURFEE.

Cider Sauce.

Sugar 1 cup. Butter ¼ cup.
Cornstarch 1 table- spoon. Water (hot) 1½ cups.
Cider ½ cup.

Boil sugar, butter and hot water together for five minutes. Mix the cornstarch with 2 tablespoons cold water and add to the hot mixture. Boil for three minutes. Add cider and boil gently three minutes and serve.

MRS. MARGARET HORMAL.

Cranberry Sauce.

Cranberries 2 cups. Water ¾ cup.
Sugar 1½ cups.

Cook berries in water until well done, cool and rub through sieve. Then add sugar and cook for five minutes.

MRS. MARY BAILEY.

Cranberry Apple Sauce.

Apples 6. Cranberries 2 cups.
Sugar 1 cup. Water.

Boil cranberries and sugar together in about 1 quart of water for about 3 minutes. Pare, core and halve the apples. Drop these in cranberry sirup and boil about 15 minutes or until tender and a light red color, but do not boil long enough to break the apples.

MRS. R. L. LA LONDE.

Currant or Raspberry Sauce.

Currant or raspberry juice ½ pint. Cornstarch 1 tea- spoon.
Cinnamon 1 very small stick. Granulated sugar ½ pound.
Water ½ pint.

Put the juice, sugar, water and cinnamon together and bring to a boil. Mix the cornstarch with just enough water to work it to a smooth paste, and then add to fruit mixture. Take off fire as soon as cornstarch has been mixed in. Remove cinnamon and pour sauce in dish to cool. MRS. J. STERN.

Mixed Fruit Sauce, Currant.

Currant jelly 2 tablespoons. Orange rind (grated) 2 tablespoons.
Powdered sugar 1 cup. Lemon rind (grated) 2 tablespoons.
Orange juice ½ cup. Horseradish (grated) 1 tablespoon.
Lemon juice 3 table- spoons.

Melt jelly in double boiler. Add

other ingredients. Beat thoroughly, heat and strain. Serve at once.

MARY A. MATER.

Grape Juice Sauce.

Egg whites 2. Grape juice $\frac{1}{4}$ cup.
Powdered sugar $\frac{3}{4}$ Lemon juice 1 table-
cup. spoon.

Beat egg whites, add sugar, then grape juice and lemon juice. Beat well and serve at once.

MRS. W. R. TALCOTT.

Hard Sauce.

Butter $\frac{1}{4}$ cup. Powdered sugar 1 cup.
Coconut $\frac{1}{2}$ cup. Vanilla 1 teaspoon.

Cream butter with sugar, add the flavoring and shredded coconut.

MISS BETTY HAGAN.

Lemon Sauce.

Sugar $\frac{1}{2}$ cup. Cornstarch 1 table-
Salt $\frac{1}{4}$ teaspoon. spoon.
Butter 3 tablespoons. Water (boiling) 1 cup.
Egg (beaten) 1. Juice of 1 lemon.

Mix dry ingredients, then add boiling water and lemon juice and boil together for 5 minutes. Add butter and continue cooking slowly until butter melts. Remove from fire and add beaten egg. Serve immediately or serve cold.

MRS. F. G. OUTCALT.

Maple Sauce.

Maple sugar 1 cup. Water $\frac{1}{2}$ cup.
Sweet cream $\frac{1}{2}$ cup. Egg whites 2.

Boil sugar and water until it threads. Add slowly the unbeaten egg whites, then add the cream.

MRS. JENNIE LAWSON.

Molasses Sauce.

Molasses 1 cup. Cinnamon or nutmeg
Butter 1 tablespoon. $\frac{1}{2}$ teaspoon.
Salt $\frac{1}{4}$ teaspoon. Vinegar or lemon juice
Water $\frac{1}{2}$ cup. 3 tablespoons.

Boil all together for 20 minutes.

INGEBORG WINTER.

Orange Float.

Oranges 4. Lemon 1.
Sugar 1 cup. Eggs 4.

Drop yolks of 4 eggs and whites of 2 in enamel saucepan. Mix well with sugar, using a wooden spoon. Put on low fire, add strained juice of lemon and oranges and grated rind of 1 orange. Stir constantly. When thick remove from fire. Beat the whites of the 2 remaining eggs stiff and add to float when cooled.

MRS. EDWARD LANG.

Orange Sauce.

Butter 1 tablespoon. Flour 1 tablespoon.
Orange juice 1 cup. Pinch of salt.
Jelly 1 tablespoon.

Cook the butter and flour together,

add orange juice, salt and let come to a boil, stirring all the time. Add the jelly (no special kind). Serve hot on left-over cake.

MRS. S. B. WERNBERGER.

Pineapple Sauce.

Juice from 1 can of Cream (whipped).
pineapple. Butter 2 tablespoons.
Flour 1 tablespoon. Egg yolks 2.
Sugar 2 tablespoons. Egg whites 2.

Heat the juice until warm. Blend the butter and flour together. Add the egg yolks mixed with sugar. Then add beaten whites of eggs. Pour warm pineapple juice over this. Place in a double boiler and cook, stirring constantly until thick. Remove and cool. Add whipped cream.

MRS. W. P. DETWEILER.

Pudding Sauce.

Cream (whipped) Candied ginger (fine-
stiff) $\frac{1}{2}$ pint. ly cut) 1 tablespoon.
Pinch of salt. Confectioner's sugar 1
Egg yolks 2. cup.

Serve on warm gingerbread or stale sponge cake.

MRS. LILLIAN G. ROSS.

Pumpkin Sirup.

Pumpkin (good sized, Sugar.
ripe) 1.

Wash the pumpkin well and remove seeds and soft center. Cut the flesh with skin on into small cubes and nearly cover with water. Boil until soft, then put into jelly bag. When all the juice is drained out, put on stove and boil $\frac{1}{2}$ hour, then measure and put cup for cup juice and sugar and boil until thick. Serve with pancakes and toast.

MRS. HAZEL WEYAND.

Quince Honey Sauce.

Quinces 3. Orange (large, rind
Lemon (rind and and pulp) 1.
pulp) 1. Sugar.

Grind quinces, cover with water. Cook until clear, add the ground orange and lemon. Take equal parts sugar and sirup and cook till thick enough to pour in glasses, about 20 minutes.

MRS. ED MEYERS.

Raisin Sauce.

Vinegar 2 table- Sugar 1 cup.
spoons. Currant jelly 1 glass.
Worcestershire sauce Water $\frac{1}{2}$ cup.
1 tablespoon. Puffed raisins
Dash of pepper, (chopped) 1 cup.
cloves, cinnamon Salt $\frac{1}{2}$ teaspoon.
and ginger.

Boil the sugar and water 2 minutes. Add the remainder of ingredients. Simmer long enough to blend well. The flavor is improved by standing.

MRS. HENRY L. KELLOGG.

Rhubarb Sauce.

Rhubarb 2 pounds. Apples $\frac{1}{2}$ pound.
Sugar $\frac{1}{2}$ pound.

Wash the rhubarb and apples. Do not peel the fruit, but cut it up in small pieces. Put in a pan and add $\frac{1}{2}$ cup water. Cook, and when soft put in sieve and mash through with potato masher. Add sugar. Serve hot or cold. MISS LOUISE C. MAAS.

Rhubarb Sauce.

Rhubarb 2 cups. Granulated sugar 1 cup.
Salt 1 teaspoon. Flour $\frac{1}{2}$ cup.
Water (cold) $1\frac{1}{2}$ cups. Water 3 cups.

Cut the rhubarb in 1-inch pieces and boil in 3 cups of water till cooked. Add salt and sugar to hot mixture. Mix flour in $1\frac{1}{2}$ cups cold water and add slowly to rhubarb mixture. Cook for 5 minutes. Pour mixture in bowl and let cool. LOUISE CHRISTOPHER.

Strawberry Sauce and Whip.

Strawberries (canned) Water (cold) 2 table-
and juice 1 cup. spoons.
Cornstarch $\frac{1}{2}$ table- Lemon juice $\frac{1}{2}$ table-
spoon. spoon.
Sugar $\frac{1}{2}$ cup.

Mix cornstarch and sugar with water, add to boiling strawberry juice, add lemon juice and stir until thick.

MRS. WILLIS ERLANDSON.

Vanilla Pudding Sauce.

Cream 1 tablespoon. Powdered sugar $\frac{1}{2}$ cup.
Egg (beaten sepa- Cream (whipped) $\frac{1}{2}$
rately) 1. pint.
Vanilla $\frac{1}{2}$ teaspoon.

Cream the cream and sugar, add the egg, whipped cream and vanilla. Egg and whipped cream should be folded in.

MRS. F. DE ANGUERA.

Yellow Sauce.

White sugar 1 cup. Butter $\frac{1}{2}$ cup.
Water (boiling) 4 Egg 1.
tablespoons.

Cream the sugar and butter, beat in the egg, add the water. Set dish containing mixture in dish of simmering water for 30 minutes, but do not boil. COVET.

MRS. MAUDE KING.

MEAT SAUCES.**Bechamel Sauce.**

Butter 2 tablespoons. Flour 2 tablespoons.
Carrot (chopped) 1 Small piece bay leaf.
teaspoon. White stock 1 cup.
Onion (chopped) 1 Salt and pepper to
teaspoon. taste.

Saute onion and carrot in butter, remove vegetables, add flour and remaining ingredients. Boil 2 minutes and simmer 10 minutes longer.

MRS. D. A. KELLEY.

Brown Sauce.

Water $1\frac{1}{2}$ pints. Onion (medium size) 1.
Garlic 4 pieces. Bay leaves 3.
Caraway seed 1 tea- Anise seed 1 teaspoon.
spoon. Mustard (prepared)
Mustard seed 1 tea- 1 tablespoon.
spoon. Sugar 1 tablespoon.
Paprika 1 tablespoon. Black pepper $\frac{1}{4}$ tea-
Salt 1 teaspoon. spoon.
Red pepper (ground) Celery seed 2 tea-
 $\frac{1}{4}$ teaspoon. spoons.
Flour 2 tablespoons. Olive oil 1 tablespoon.

Put onion, garlic, bay leaves, caraway seed, anise seed, mustard seed in water and boil until onion is soft enough to mash; let all through a fine sieve; place pan of strained juice on the fire, add the prepared mustard, paprika, sugar, salt, black pepper, red pepper and celery seed. Make a paste of flour and water and add this to boiling juice, stirring constantly. Let cook until sauce is slightly thickened, from 10 to 15 minutes, over a low flame. Then add olive oil. The sauce may be used as soon as cooked, or it will keep.

MRS. ETHEL LYNCH.

Brown Sauce for Beans.

Green beans 1 quart. Vinegar 3 tablespoons.
Flour 1 tablespoon. Water 1 cup.
Onion (chopped fine) Sugar 1 tablespoon.
1 teaspoon. Salt and pepper.
Bacon 3 slices.

Cook the beans tender and drain them. Cut the bacon fine and render in frying pan. Remove pieces of bacon and add flour to grease and brown. Add the water, stirring constantly, then vinegar, sugar, onion, salt and pepper. Add beans and serve with bacon sprinkled over the top.

MRS. BERTHA RETNERT.

Caper Sauce.

Butter 2 tablespoons. Capers (chopped) $2\frac{1}{2}$
Milk $1\frac{1}{4}$ cups. tablespoons.
Salt and pepper. Flour 2 tablespoons.

Melt the butter, blend the flour with it and add the milk and stir until thickened over the fire. Season with salt and pepper, add capers and simmer a few minutes. Serve with roast leg of lamb.

MRS. E. M. JESSUP.

Celery Sauce.

Butter 4 tablespoons. Onion (chopped) $\frac{1}{2}$
Garlic (crushed) $\frac{1}{2}$ cup.
small clove. Carrots (chopped) $\frac{1}{2}$
Celery (chopped) $1\frac{1}{2}$ cup.
cups. Green pepper
Peas (cooked) $\frac{1}{2}$ cup. (chopped) $\frac{1}{4}$ cup.
Salt 2 teaspoons. Tomatoes (canned) 1
Pepper to taste. cup.

Melt butter, add onion, garlic, carrots, celery and green peppers and

cook 15 minutes. Add peas, tomatoes, salt and pepper and cook slowly 5 minutes. Serve over macaroni, spaghetti or rice, with sprinkling of grated cheese.

MRS. JUANITA FORD SQUIRES.

Cheese Sauce.

Butter 1 tablespoon. Cheese (cut fine) $\frac{1}{2}$ cup.
Salt $\frac{1}{2}$ teaspoon. Mustard $\frac{1}{4}$ teaspoon.
Milk 1 cup. Flour $1\frac{1}{2}$ tablespoons.
Paprika $\frac{1}{4}$ teaspoon.
Chives 1 tablespoon.

Melt butter, add flour and blend well; add milk and stir until smooth, add cheese and seasoning and stir until cheese is melted. Add chives finely chopped.

MRS. ALICE DULLER.

Cheese Sauce.

Fat 2 tablespoons. Cheese (cut fine) $\frac{1}{2}$ cup.
Flour 2 tablespoons. Salt $\frac{1}{2}$ teaspoon.
Milk 1 cup.

Melt the fat, add the flour and mix together thoroughly, but do not let it brown. Add the milk all at once and stir vigorously, cooking until smooth and thick. Lastly add the salt. To a cup of sauce add the cheese. Keep over a low heat until the cheese melts and blends with the white sauce.

MRS. J. BRICHTA.

Cheese, Tomato and Mushroom Sauce.

American cheese $\frac{1}{2}$ pound. Celery 1 stalk.
Onion (medium sized) 1. Tomato sauce 1 small can.
Mushrooms(chopped) $\frac{1}{2}$ cup. Sweet green pepper 1.
Butter 1 tablespoon.
Salt to taste.

Chop the cheese into small bits and place in a large frying pan with tomato sauce or soup. Stir over low fire until the two ingredients are well blended. Add the onion, pepper and celery chopped, butter, mushrooms and salt. Let the mixture simmer 10 minutes, then add cooked and blanched spaghetti.

MRS. EDWARD QUAYLE.

Cheese and Vegetable Sauce.

Butter 2 tablespoons. Celery 2 tablespoons.
Onion (minced fine) 2. Green pepper (finely minced) 1 tablespoon.
2 tablespoons.

Simmer for 5 minutes in butter, but do not let brown. Mix with 2 tablespoons flour, let cook and add 1 cup cold milk. Stir over fire until sauce thickens, then add $\frac{1}{2}$ teaspoon salt, pinch of white pepper, several gratings of nutmeg and 4 tablespoons grated cheese.

MRS. WESTMAN.

Chestnut and Prune Sauce.

Italian chestnuts $\frac{1}{2}$ pound. Onions (large, sliced) 2.
Butter 2 tablespoons. Sugar 2 tablespoons.
Salt $\frac{1}{4}$ teaspoon. Seeded raisins $\frac{1}{4}$ cup.
Prunes $\frac{1}{4}$ pound.

Pour boiling water over chestnuts and shell. Repeat and skin. Heat fat in stewpan, add prunes and just cover with water. Cook until prunes begin to get tender, then add chestnuts, salt, sugar, onions and raisins. Cook 30 minutes more.

MRS. CLARENCE LOEB.

Chili Sauce.

Tomatoes (good sized, scalded and skinned) 50. Celery 3 large stalks.
Green peppers (seeds removed) 18.
White onions 25.

Chop the above quite fine, then add:

Mace, allspice, Granulated sugar 5
cloves, cinnamon cups.
(ground) 1 table- Cider vinegar 2 quarts.
spoon each. Salt 7 tablespoons.

Put all in a kettle and boil slowly for 3 hours. Stir often to prevent clinging to the bottom of the kettle. This makes 14 pints.

MRS. A. G. MOULTON.

Currant Jelly Sauce.

Butter 3 tablespoons. Onion 1.
Bay leaf 1. Sprig of celery.
Vinegar 2 table- Currant jelly $\frac{1}{2}$ cup.
spoons. Stock 1 pint.
Flour 1 tablespoon. Pinch of white pepper.
Salt $\frac{1}{4}$ teaspoon.

Brown the butter and cut up onion, add flour, vinegar, bay leaf and celery, then the stock, and simmer 15 minutes. Strain, skim off fat, add the currant jelly and stir over fire until jelly is melted.

MRS. CHARLES ELSON.

Dutch Butter Sauce.

Celery 2 stalks. Butter 4 ounces.
Eggs 4. Sour cream $\frac{1}{2}$ pint.
Lemon (rind and juice) $\frac{1}{2}$. Salt.

Cream butter, add yolks of eggs gradually and cream. Cut celery into large pieces and cook tender in salt water, drain and add to the sauce. Season with salt, add the fine ground lemon rind and few drops lemon juice.

MRS. ELLEN PARRHYSIUS.

Harvard Sauce and Egg for Beets.

Vinegar $\frac{1}{2}$ cup. Sugar $\frac{1}{4}$ cup.
Cornstarch (dis- Water $\frac{1}{2}$ cup.
solved in water) Salt 1 teaspoon.
2 teaspoons.

Boil the above, stirring constantly until thick. Remove from the stove and add $\frac{1}{4}$ cup butter. Stir until well mixed and then pour over well beaten

yolk of eggs, pouring slowly. Add 1 tablespoon chopped mint and stir over beets.

MISS MARTHA L. SCHAUB.

Hollandaise.

Egg yolks 2. Water 6 tablespoons.
Oil (good) 6 table- Onion (size of a wal-
spoons. nut) 1.
Vinegar 1 teaspoon. Salt.

Pour water on yolks and turn with a spoon to mix. Pour oil and mix well. Add onion (cut), vinegar and a little salt. Place over low fire, turning pan all the time, and cook without boiling until it becomes creamy.

H. FLORI.

Frozen Horseradish.

Whipping cream $\frac{1}{2}$ cup. Horseradish $\frac{1}{2}$ cup.
Vinegar $\frac{1}{2}$ table- Salt $\frac{1}{2}$ teaspoon.
spoons. Cottage cheese $\frac{1}{2}$ cup.

Mix well everything but the cream. The cheese and horseradish should be rather dry. Whip the cream and fold in. Freeze about 2 hours.

MRS. KATHERINE M. CURRAN.

Italian Macaroni Sauce.

Butter 4 tablespoons. Onion (large, chopped
Celery (chopped) 1 fine) 1.
large stalk. Green pepper (medium
Garlic. sized, chopped) 1.
Water 1 pint. Tomato soup 1 can.
Pepper $\frac{1}{2}$ teaspoon. Mushrooms (cut in
Parmesan cheese pieces) 1 can.
(grated) $\frac{1}{2}$ cup. Cheese (grated) $\frac{1}{2}$
Paprika. cup.
Salt 1 teaspoon.

Melt the butter and brown the onion in it, add the celery, pepper and garlic, and simmer; then the tomato soup and water, salt and pepper and let simmer until thick. When ready to serve add the mushrooms and the grated Parmesan cheese. Pour all over macaroni or spaghetti cooked and sprinkle top with grated cheese and paprika.

MRS. FITZGERALD.

Marjoram Sauce.

Butter 1 tablespoon. Garlic (rubbed with
Parsley (chopped). salt).
Sweet marjoram Flour $\frac{1}{2}$ tablespoons.
(crumbled). Stock.
Pinch of mace.

Cook the butter and flour together a moment, then add enough of the liquor in which mutton was boiled to make a smooth sauce, not too thick. Then add a little chopped parsley, a little crumbled sweet marjoram and a pinch of mace, a little garlic rubbed with salt if desired. Let this boil for a while and pour over boiled potatoes

and other vegetables to be served with the boiled mutton.

MRS. OTTILIE MANCL.

Marrow Chutney Sauce.

Marrow $\frac{1}{2}$ pounds. Demerara sugar $\frac{1}{2}$
Onions 5 ounces. pound.
Ginger (ground) $\frac{1}{4}$ Cayenne pepper $\frac{1}{2}$
ounce. teaspoon.
Vinegar $\frac{3}{4}$ pint. Salt.
Shallots $\frac{1}{4}$ pound.

Chop onions, shallots and marrow in small pieces, sprinkle well with salt and allow it to stand all night; strain and boil all ingredients together for 2 hours, then bottle.

MRS. K. CHADBURN.

Mint Sauce.

Sugar 1 tablespoon. Vinegar 6 tablespoons.
Mint leaves (minced) Salt $\frac{1}{2}$ teaspoon.
4 tablespoons.

Place mint in covered dish with sugar and let stand 1 hour. Pour vinegar and salt, which have been heated, together over the mint and let it steep slowly for 10 minutes.

MRS. G. SNYDER.

Mint Sauce.

Sugar 1 cup. Juice of 2 or 3 or-
Mint leaves (tender) anges.
1 cup. Water 2 cups.

Juice of 2 lemons.
Boil the sugar and water together 20 minutes, rub the mint leaves and cover with lemon juice and let it stand covered while sugar boils. Add sirup to mint mixture when done, then the orange juice. Let cool, strain and freeze.

JESSIE M. K. BARTLETT.

Mock Champagne Sauce.

Sweet cider 1 cup. Mince-meat 2 table-
Brown sugar 1 table- spoons.
spoon. Salt $\frac{1}{4}$ teaspoon.
Cornstarch 1 tea- Lemon juice 2 tea-
spoon. spoons.

Stir salt, brown sugar and mince-meat into the sweet cider, dissolve cornstarch in 2 or 3 tablespoons of cider mixture, then pour dissolved cornstarch into cider mixture and bring to a boil, with constant stirring. The sauce is properly cooked when it becomes slightly thick and loses the grayish color. When cooked remove from the fire and stir in lemon juice.

MRS. D. JULIAN BLOCK.

Mushroom Sauce.

Juice from 1 small Flour 2 tablespoons.
can of mushrooms Salt $\frac{1}{4}$ teaspoon.
plus milk to make Butter $\frac{1}{2}$ tablespoons.
2 cups.

Melt butter in top part of double boiler; blend flour with butter, add

salt, add milk, stirring constantly. When mixture is thick add chopped mushrooms. MRS. E. C. HECKENDORF.

Mushroom Sauce.

Butter 2 tablespoons. Onion 1 slice.
Mushrooms (sliced) Flour 2 tablespoons.
1 cup. Salt and pepper to
Hot water or stock taste.
2 cups.

Add a slice of onion to melted butter and cook slowly 5 minutes. Remove onion. Add mushrooms, cover and let simmer about 15 minutes, add flour, then hot water or stock and season to taste.

MRS. LILA HILDEBRAN.

Mustard Sauce, Russian.

Sugar $\frac{1}{2}$ cup. Butter $\frac{1}{2}$ cup.
Vinegar 1 cup. Mustard (prepared) $\frac{1}{2}$
Egg yolks 3. cup.
Salt $\frac{1}{4}$ teaspoon. Water (cold) $\frac{1}{2}$ cup.

Mix and beat all ingredients except eggs in double boiler over fire. Beat eggs, dilute with hot mixture and cook in same saucepan until thick like cream, beating constantly. Use over baked ham. MRS. EDWARD J. VOKEL.

Onion Sauce.

Flour 2 tablespoons. Onions (boiled ten-
Milk (boiling) 2 cups. der) 4.
Butter 4 tablespoons.

Cream the flour and butter, add milk slowly and stir constantly until it comes to a boil. Stir in the onions chopped fine. Season to taste.

MRS. GEORGE N. CUMING.

Oyster Sauce.

Oysters 1 pint. Flour 2 tablespoons.
Few grains cayenne pepper. Oyster liquor 1 cup.
Lemon juice 1 tea- Butter 2 tablespoons.
spoon. Milk (heated) 1 cup.
Salt $\frac{1}{2}$ teaspoon.

Cook oysters until plump. Remove and cut into small pieces. Make a sauce: Blend the flour with melted butter, add milk and oyster liquor, salt and cayenne pepper, lemon juice. Add oysters and bring to boiling point.

MRS. U. G. SNYDER.

Pepper Relish.

Green peppers (seeds removed) 24. Red peppers (seeds removed) 24.
Onions (large) 24.

Run through a chopper. Cover all with boiling water and let stand for 10 minutes. Drain and cover again with boiling water and let stand 10 minutes. Drain. Add 1 quart vinegar, 6 tablespoons salt, 4 cups sugar, 1 teaspoon each of cinnamon and all-

spice, and 1 or 2 small red hot peppers. Cook 15 minutes.

MRS. E. K. CARR.

Picalilli.

Green tomatoes 1 White mustard seed
peck. $\frac{1}{2}$ pound.
Onions (large, finely Cinnamon 2 table-
chopped) 8. spoons.
Salt 1 cup. Ginger 2 tablespoons.
Water 2 quarts. Allspice 1 tablespoon.
Vinegar 3 quarts. Cayenne pepper $\frac{1}{2}$
Sugar 1 pound. teaspoon.
Cloves 1 tablespoon.

Add onions and salt to tomatoes, stir in well and let stand over night. Drain off all the liquid and add water and 1 quart vinegar. Let boil for 20 minutes. Drain through a sieve or colander until quite dry. Put back in kettle and add remaining vinegar and other ingredients. Boil all together 15 to 20 minutes, stir often to prevent scorching. Seal in glass jars.

MRS. CHARLES WITTING.

Pineapple Sauce.

Pineapple 1 14-ounce Mustard 2 tablespoons.
can. Water $\frac{1}{2}$ cup.
Raisins $\frac{1}{2}$ cup. Sugar $\frac{1}{4}$ cup.
Butter 2 tablespoons. Flour 1 tablespoon.

Cut the pineapple into small pieces, add the water to pieces and juice, then raisins, sugar and boil all together for 3 minutes. Melt the butter in a small saucepan, add the flour and mustard. Stir this thoroughly and add to boiling pineapple mixture. Cook all for a minute longer, stirring constantly. Serve with baked or boiled ham.

MRS. GERTRUDE FINDLAY.

Pumpkin Sauce.

Pumpkin (small) 1. Vanilla $\frac{1}{2}$ teaspoon.
Sugar $\frac{1}{2}$ cup. Cinnamon to taste.
Cream (heavy) 1. Salt $\frac{1}{2}$ teaspoon.
Whipped) $\frac{1}{2}$ pint.

Wash pumpkin and cut out stem. Put in medium hot oven and bake till tender. Remove from oven and take off peeling. Scoop seeds out from inside, then mash pumpkin, adding salt. Serve by putting the pumpkin in a shallow dish about an inch thick. Sprinkle sugar and cinnamon on top and lastly the cream, sweetened and flavored with vanilla.

MRS. N. H. LETTICH.

Raisin Sauce for Ham.

Ham fat 2 table- Flour 1 tablespoon.
spoons. Brown sugar 3 table-
Stock (ham water) 2 spoons.
cups. Raisins 3 tablespoons.

Vinegar 1 tablespoon.
Boil the above together about 5

minutes, first mixing the flour and ham fat. If not salty enough, add some salt.

MRS. HARRIET C. PRINGLE.

Sauce for Hard-Cooked Eggs.

Carrot (grated) $\frac{3}{4}$ cup.	Salt $\frac{1}{2}$ teaspoon.
Onion juice 1 tea-spoon.	Butter 3 tablespoons.
Chicken stock (seasoned) 1 cup.	Flour 4 tablespoons.
Pimento $\frac{1}{4}$.	Milk (hot) 1 cup.
	Olives (ripe) 2.
	Dash of cayenne.

Place carrot and butter in sauce-pan; cook slowly 10 minutes until light brown, stirring constantly. Add flour, when smooth add chicken stock, salt and cayenne. Stir until sauce boils, add scalded milk, pimento and olives cut in strips.

IVANILLE H. WELLS.

Savory Sauce.

Sausages 3.	Onion (medium sized) 1.
Flour 1 tablespoon.	Sugar 1 teaspoon.
Tomatoes (large) 3.	Pepper if desired.
Salt 1 teaspoon.	

Fry finely minced sausage until crisp, drain out the sausage. Put minced onion, then flour in fat and stir until smooth and brown. Add tomato and simmer, stirring. Cook about 10 minutes or until thick and smooth. Season and lastly add the crisp bits of sausage and serve at once.

ELIZABETH ELPHICK.

Sweet Sour Sauce.

Vinegar 2 table-spoons.	Soup stock 1 cup.
Butter $2\frac{1}{2}$ table-spoons.	Sugar 2 tablespoons.
	Flour 2 tablespoons.
	Salt and pepper.

Melt the sugar in a spider, brown the flour in the butter and then add the soup stock gradually. Stir in the vinegar and seasoning. Serve hot.

MRS. ALBERT.

Tomato, Chili Sauce.

Tomatoes (skinned) $\frac{1}{2}$ peck.	Salt 2 tablespoons.
Cinnamon 2 table-spoons.	Cloves 2 tablespoons.
Apples (chopped fine) 6.	Vinegar 2 quarts.
Cayenne pepper $\frac{1}{4}$ teaspoon.	Onions (large) 4.
	Red peppers (chopped fine) 2.
	Sugar 2 cups.

Boil all together slowly for 2 hours.

MRS. EDITH OLSON.

Tomato Sauce.

Butter $\frac{1}{4}$ pound.	Celery (finely cut) 1 cup.
Garlic 1 clove.	Parsley (chopped fine) 2 tablespoons.
Tomatoes (large) 3.	Pepper, salt, dash of ground allspice.
Italian tomato paste $\frac{1}{2}$ can.	
Onion 1.	

Fry onion, garlic, celery, parsley and brown in butter. Add tomatoes,

tomato paste and seasonings. Add 2 cups water and cook slowly for one hour. Remove the garlic when sauce is cooked. Serve on spaghetti, etc.

MRS. EDWARD J. KENEALY.

White Sauce.

Butter or margarine $1\frac{1}{2}$ ounces.	Milk (may be half milk and half water) 1 cup.
Pepper $\frac{1}{2}$ teaspoon.	Lemon juice $\frac{1}{2}$ tea-spoon.
Salt $\frac{1}{2}$ teaspoon.	
Flour 1 ounce.	

Melt one ounce of butter in upper part of a double boiler. Add flour and blend well for about 3 minutes. Add cold liquid by degrees, stirring constantly. Cook 15 minutes, then add lemon juice and seasoning. Just before serving add remaining butter cut in small pieces.

MRS. ELIZABETH DOYLE.

White Sauce with Cheese.

Butter 2 tablespoons.	Cheese (grated) 3 tablespoons.
Catsup or chili sauce 2 tablespoons.	Worcestershire sauce $\frac{1}{2}$ teaspoon.
Salt $\frac{1}{4}$ teaspoon.	Parsley (minced) 1 tablespoon.
Milk (rich) or cream $\frac{1}{2}$ cup.	
Pepper $\frac{1}{2}$ teaspoon.	

Melt the butter, add the cheese, catsup, Worcestershire sauce, salt, pepper and stir until smooth. Add milk and parsley and bring slowly to the boiling point, stirring constantly. Serve at once.

SYLVIA CRAWFORD.

White Sauce with Mushrooms.

Butter 3 tablespoons.	Milk 1 cup.
Cream $1\frac{1}{2}$ cups.	Green pepper (minced) 1 table-spoon.
Salt $\frac{1}{2}$ teaspoon.	Button mushrooms 1 medium can.
Onion (minced) 1 teaspoon.	Few drops A-1 sauce.
Olives (ripe, chopped) 4.	
Flour 2 tablespoons.	

Melt the butter, add minced peppers and onions and saute 10 minutes; add flour, blend thoroughly, then add cream and milk, stirring constantly until it thickens; then add salt, mushroom, olives and lastly A-1 sauce.

MRS. CORA BUCHUE.

White Sauce with Parsley.

Butter 2 tablespoons.	Parsley (chopped) 2 teaspoons.
White stock 1 cup.	Lemons 2.
Flour 2 tablespoons.	

Place butter in frying pan. When melted add flour, stir well, and when it begins to brown add white stock. Boil for several minutes, stirring constantly. Then add juice of lemon to parsley in first mixture. Serve hot.

THELMA LOEWENBERG.

SOUPS—JELLIED BOUILLON

Soup in the dietary needs little explanation. It serves two purposes—as an appetizer and as a main part of the meal.

We make soups today in much the same way as we have always made them with the exception of a few minor changes in method. Now we do not cook all vegetables the same length of time; instead we add them to the broth or water in sequence, giving each vegetable sufficient time to become tender. We blend the flavors of the ingredients by allowing the soup to cool and to stand, not by boiling them until the right flavor is accomplished. Because of these few changes, the value of the ingredients in the soup is retained and not cooked away in vapors.

Light soups as appetizers stimulate the desire for foods and also prepare the stomach to take care of food.

Thick soups or highly nutritious soups, with the addition of wafers or bread, make a well-balanced meal.

One should not overlook the economy of soup in the menus. It offers a nourishing food with little cost. With good planning the soup may be made from by-products of meat and vegetables which otherwise could not be used.

These recipes will give you a suitable soup for any meal you may wish to plan.

Asparagus Soup.

Asparagus 1 bunch. Water (use that in Milk or cream 1 which asparagus pint, was boiled) 1 pint.
Flour 2 tablespoons. Butter 1 tablespoon.

Wash the asparagus and put it on to boil gently $\frac{3}{4}$ hour. Take out and cut off tips and set aside.

Press the stalks through a colander and add milk and water, the butter rubbed smooth in the flour. Stir until it boils, add the tips and salt to taste.

MRS. MARY METZNER.

Baked Bean Soup.

Beans (baked, cold) 2 cups. Water (cold) 3 cups.
Onion 1 tablespoon. Tomatoes 3 cups.
Salt 1 teaspoon. Speck of pepper.

Mix beans, water and onion and simmer the mixture until beans are soft. Add the tomatoes, rub the mixture through a strainer, adding more water or tomato to make it the right consistency. Season it, heat it to the boiling point and serve it with toasted crackers.

MRS. M. PACLIK.

Economy Barley Soup.

Beef stock (2 pounds soup meat, 2 quarts water). Barley $\frac{1}{2}$ cup.
Egg yolk (beaten).

After boiling and straining the regulation beef stock take the remaining meat and bones, cover with water, season again with salt and some celery. Take $\frac{1}{2}$ cup of barley, tie loose in a clean piece of cheesecloth, drop into pot and boil with meat and water until it becomes a white creamy consistency; mash the cheesecloth often with the back of a spoon. When done, strain, add the barley. Also a beaten yolk of egg may be added before serving.

MRS. JOHN ROGERS.

Beef Soup, Bread Dumpling.

Boiling beef (lean) 2 pounds. Onion (sliced).
White bread (very dry) 6 slices. Dash of nutmeg.
Eggs (well beaten) 3.

Cover beef with cold water and add onion and simmer until tender. Add water so the broth will measure 2 quarts. Season with salt and pepper. Crumble bread, pour over it $\frac{1}{2}$ cup beef broth, then add eggs and nutmeg and mix. Drop by spoonfuls in boiling broth, cover and boil 20 minutes.

MRS. VIOLA CLARK LEMBCKE.

Beef Soup with Liver Dumplings.

Beef (across the ribs) 1½ pounds. Small piece root celery.
 Water 1½ quarts. Small piece root parsley.
 Tomato (ripe, large) 1. Carrot 1.
 Onion 1. Salt 1 tablespoon.
 Pepper ¼ teaspoon.

Boil until meat is tender. Remove beef and strain soup.

Calf's liver ¾ pound. Salt 1 teaspoon.
 Onion (grated) 1. Butter 1 tablespoon.
 Pinch of pepper. Eggs (beaten) 2.
 Mace and powdered marjoram. Bread crumbs to make stiff.

Remove skin and tough fiber from liver, chop it very fine, add salt, onion, butter, seasonings, eggs and bread crumbs to make stiff enough to shape into ball the size of a walnut; drop into boiling soup 15 minutes before serving.

MRS. M. B. NOVAK.

Cold Beet Soup.

Beets 5 or 6. Sugar 2 teaspoons.
 Onion 1. Juice ¼ lemon.
 Tomato 1. Egg yolks (beaten) 2.
 Salt 1 teaspoon. Sour cream ¾ cup.

Wash the beets, cut in halves, add the tomato, onion, salt and 2 quarts of water, cook about 40 minutes or until beets are soft. Take beets, tomato and onion out of the soup. Rub ½ of cooked beet on grater till soft and of fine consistency. Put the grated beets back in soup and flavor with sugar and lemon juice. Cook a few minutes more. Stir beaten egg yolks in soup very gradually. Cool and when ready to serve mix well with sour cream. The beets may be strained from soup before adding cream if a clear soup is desired.

MRS. JOSEPH KULL.

Beet-Pink Cream Soup.

Butter 1 tablespoon. Salt 1 teaspoon.
 Flour 1 tablespoon. Beets (boiled, rubbed through a sieve) 1½
 Nutmeg ¼ saltspoon. tablespoons.
 Milk 3 pints.

Put butter and flour in a saucepan. Stir over the fire until quite smooth, then by degrees add the milk and let boil up. Season with the grated nutmeg. Color with boiled beets rubbed through a sieve. MRS. ERIN NEWTON.

Buttermilk Soup.

Rice flour 3 table- Buttermilk 1 quart.
 spoons. Blanched almonds
 Sugar 4 table- (ground) 10 cents'
 spoons. worth.
 Cinnamon 1 stick Whipping cream ½
 length of a match. pint bottle.

Let ¾ of the buttermilk and the

cinnamon come to a boil over medium fire, stirring all the time; stir the rice flour and cold buttermilk till smooth, add ½ cup of the hot buttermilk before mixing, let come to a boil, add sugar and almonds, and, just before serving, the whipped cream on top of the tureen.

MRS. TEKLA BAER.

Carrot and Potato Soup.

Carrots 1 bunch. Butter 1 tablespoon.
 Milk 1 pint. Salt to taste.
 Potatoes (medium) 3.

Slice carrots and potatoes in water to cover, add salt and when done add milk and butter. Serve hot. Chop parsley and put on each dish.

MRS. G. RICHARDS.

Cream of Cauliflower Soup.

Cauliflower (medium Canned cream 1 cup.
 size) 1. Butter 1 tablespoon.
 Milk 1 cup.

Boil cauliflower in enough water to cover for ½ hour or until tender. Strain through colander, saving the liquid. After cauliflower has been mashed fine, add to the strained liquid with the cream, milk, butter and seasonings to taste. Bring to the boiling point and serve.

MRS. K. FLYNN.

Cream of Cauliflower Soup.

Cauliflower 1 small Bread crumbs (fresh)
 head. 1 cup.
 Butter 2 table- Butter (melted) 1
 spoons. tablespoon.
 Flour 2 tablespoons. Cheese (grated) 1 ta-
 Milk (warm) 1 blespoon.
 quart.

Separate and wash cauliflower well, boil in salted water until tender, about 30 minutes, drain and put through coarse sieve. Melt butter and blend flour with butter, add milk and cook over low fire for 5 minutes and add cauliflower. In the center of each serving put au gratin crumbs, made as follows: Mix melted butter and grated cheese with bread crumbs, brown in 475-degree oven and serve immediately in soup. Salt and pepper to taste.

ANNA J. BECK.

Cream of Celery Soup.

Celery 3 small Flour 3 tablespoons.
 bunches. Salt ¾ teaspoon.
 Milk 1 quart. White pepper ½ tea-
 Butter 3 table- spoon.
 spoons.

Select the outside stalks and best leaves from the celery, put into double boiler with the milk and cook

1 hour. Strain. Melt butter in saucepan, add flour, cook until well mixed and smooth; add hot milk $\frac{1}{2}$ at a time and cook until thickened and smooth; add salt and pepper. Serve with 1 tablespoon whipped cream on each serving, with crackers, croutons or cheese sticks.

MRS. BRYANT R. TYALL.

Celery Root Soup.

German celery root 1 $\frac{1}{2}$ or 2 pounds.
Water 3 cups.
Parsley.
Milk 3 cups.
Flour 3 tablespoons.
Butter 6 tablespoons.

Wash and pare thinly the celery root. Cut up in half-inch squares and add water. Add small bunch parsley tied with thread, boil slowly until tender. Make cream sauce by melting butter, blending the flour with the butter and adding the milk slowly. Let boil a few minutes, add salt and pepper to taste. Add the root and liquid; when ready to serve add finely chopped parsley, 3 tablespoons.

MRS. E. FRITZ.

Cherry Soup.

Cherries (fresh, 1 quart, or 1 large can cherries).
Water 2 quarts.
Lemon or orange 4 thin slices.
Sugar $\frac{1}{2}$ to 1 cup.

Pit cherries and add other ingredients. Boil until cherries are soft. Then add small dumplings and continue boiling another 5 minutes to cook the dumplings. Set aside to cool, then chill in the icebox and serve cold.

MRS. THOMAS M. THOMPSON.

Chicken Bouillon.

Chicken 3 pounds.
Salt 1 teaspoon.
Carrot 1.
Onion $\frac{1}{2}$.
Celery 2 stalks.

Cover the chicken with cold water and simmer gently till tender, about 3 hours. During cooking season with the remaining ingredients. When chicken is tender remove meat and vegetables. Add further seasoning if necessary and $\frac{1}{2}$ cup rice or alphabet noodles. Cook for 20 minutes.

Cream (whipped stiff) $\frac{1}{2}$ cup.
Pimento (minced fine) 1.

Combine the two above ingredients, pour bouillon in cups and place a spoonful of pimento cream mixture on top.

MRS. CECILIA RING.

Chicken Soup.

Back, wings, neck (parts mostly bone) of chicken. Shrimp, oysters or crabmeat may be used.

Flour 2 tablespoons.
Onion (finely chopped) 1.
Garlic (finely chopped) 1 small piece.
Sage (ground) 1 piece.
Bay leaf 1.
Green pepper (chopped) 2 tablespoons.
Okra 1 cup.
Shrimps or oysters 1 cup.
Water 1 quart.

Brown the chicken well in bacon drippings to cover. Remove to a large saucepan, add hot fat and enough flour to make a thick paste; let this brown to a chocolate color, stirring constantly to keep from burning. When brown, add seasonings. Stir for about 2 minutes off the fire, then add shrimps or oysters and their liquid. Pour water over and let simmer for 5 minutes. Pour over chicken, adding another quart and a half of water. Cook slowly for about 2 or 3 hours. Just before serving add 2 tablespoons of "gumbo felea."

FRANCES PEAK WEAVER.

Chicken Soup.

Celery 1 small stalk.
Onion (small) 1.
Chicken fat or butter.
Chicken broth 3 pints.
Half milk and cream $\frac{1}{2}$ pint.
Egg (hard cooked and finely chopped) 1.
Parsley (chopped fine).

Take celery and onion and cut up very fine, saute in $1\frac{1}{2}$ tablespoons of fat till cooked tender, add broth and cook 10 minutes, add milk and cream, bring to a boil, turn out fire; add egg and parsley and serve.

MRS. BLANCHE BULLOCK.

Clam Chowder.

Bacon (diced) $\frac{1}{4}$ pound.
Butter 1 tablespoon.
Onions (medium sized, chopped) 2.
Celery (chopped) 1 stalk.
Potatoes (diced) 2.
Tomato soup 1 can.
Whole clams 1 can.
Water 2 quarts.
Salt and pepper to taste.

Fry bacon and onions in pot about 10 minutes but do not brown; add butter, then water, celery and potatoes; cook until tender, then add tomato soup and clams, salt and pepper to taste and cook 10 minutes longer.

MRS. AMANDA THURM.

Consomme.

Beef $1\frac{1}{2}$ pounds.
Veal $1\frac{1}{2}$ pounds.
Celery salt $\frac{1}{2}$ teaspoon.
Water 3 quarts.
Salt $\frac{1}{2}$ teaspoon.
Bay leaves 2.
Dash of pepper.

Cook all together until meat falls apart. Strain and set aside to cool. Then skim and measure the liquid. Place on the stove and to each quart

of liquid add 1 egg white mixed with a little water. Bring to a boil, stirring constantly until all the sediment comes to the top. Strain and it should be as clear as amber.

MRS. O. A. SUNDBROM.

Corn Chowder.

Fat salt pork (diced) 3 tablespoons.
Onion (small) 1.
Salt 1 teaspoon.
Potatoes (large, thinly sliced) 2.
Pepper $\frac{1}{2}$ teaspoon.
Milk (scalded) 1 quart.
Corn (canned or fresh) 2 cups.
Flour 3 tablespoons.

Put pork in frying pan and let fat fry out of it. Add onion and cook until tender, but not brown. Add potatoes with $1\frac{1}{2}$ cups boiling water and cook until potatoes are tender. Then add corn, seasonings and milk and bring to the boiling point. Thicken just before serving with the flour mixed smoothly with a little cold water.

OPHELIA E. BLAIR.

Cream of Corn.

Onion $\frac{1}{2}$.
Parsley 1 sprig.
Beef broth (or hot water) $\frac{3}{4}$ quart.
Butter 4 tablespoons.
Milk 1 cup.
White corn $\frac{1}{2}$ can.
Salt and pepper to taste.
Flour 2 tablespoons.

Slice the onion fine, add parsley and cook in 2 tablespoons butter until tender. Add corn and beef broth. Simmer 15 to 20 minutes and make a white sauce, melt the remaining butter, add the flour and salt and pepper and blend, then add milk slowly. Then add to soup and let come to a boil. Serve with 1 cup corn custard in center of each bowl of soup. For corn custard press puree from other $\frac{1}{2}$ can of corn, beat 2 eggs and yolk of a third. Add $\frac{1}{4}$ teaspoon salt and a dash of pepper, 3 tablespoons cream, mix thoroughly and turn into floured, buttered molds; set these in a pan on several sheets of paper, surround custard in molds with hot water and bake in oven until firm.

MRS. HUGO VELLGUTH.

Cream of Double Corn Soup.

Corn 1 medium can.
Salt and pepper.
Milk 1 pint.
Corn (freshly popped) 1 cup.
Butter 2 tablespoons.
Flour 1 tablespoon.
Water 2 cups.

Melt butter in saucepan, add flour and fry but not brown. Add water, let cook until thick, then add corn and milk. Serve piping hot with about 12 freshly popped kernels of corn on each serving.

MRS. ADA ZAANDER.

Custard Cubes.

Egg (whole) 1.
Egg yolks 3.
Stock $\frac{1}{2}$ cup.
Pinch of salt and cayenne.

Beat the eggs well, add stock, salt and cayenne. Pour into buttered shallow dish to depth of $\frac{1}{2}$ inch. Bake until firm. When cool, remove from pan, cut in cubes and add to soup before serving.

MRS. W. J. LYNCH.

Eggplant Soup.

Eggplants (medium sized) 2.
Butter 1 tablespoon.
Salt 1 teaspoon.
Water $2\frac{1}{2}$ quarts.
Pepper 1 teaspoon.
Flour 1 tablespoon.
Milk or cream 1 cup.

Pare and cut eggplants in small pieces. Put in salt water $\frac{1}{2}$ hour. Remove to soup kettle, adding water, and boil until tender. Thicken with flour rubbed in butter. Add seasonings and milk.

MRS. JOHNSON.

Swedish Fruit Soup.

Prunes 1 cup.
Lemon (sliced thin) 1.
Apple (diced) 1.
Oatmeal $\frac{1}{2}$ cup.
Sugar $\frac{1}{2}$ cup.
Grape juice 2 cups.
Cinnamon 1 stick.
Pinch of salt.
Raisins $\frac{1}{2}$ cup.
Water 3 pints.

Soak the prunes and raisins in the water overnight. Boil 20 minutes, add remaining ingredients and boil $\frac{1}{2}$ hour. Serve hot.

MRS. OSCAR ENGLUND.

Fish Soup.

Fish stock (rich) 3 cups.
Milk $1\frac{1}{2}$ cups.
Evaporated milk 1 cup.
Flour 5 tablespoons.
Carrot (small) 1.
Butter $\frac{1}{2}$ pound.
Egg yolk 1.
Onion (small) 1.
Pinch of grated nutmeg.
Pinch of parsley (finely chopped).

Use salt water fish, preferably mackerel, for stock. Clean it well, cut in slices and drop in boiling salted water. (Have just enough water to cover the fish). Let come to a boil and boil slowly 6 or 8 minutes. Cut onion and carrots very fine. Cover with water and cook till done and water is almost gone. Melt butter and add flour, add milk, stirring constantly, then add fish stock. Let come to a boil. Add onion and carrots. Remove from the fire, stir evaporated milk and egg yolk together and add to soup, stirring well. Add touch nutmeg and tablespoon of chopped parsley.

T. O. FIRING.

Fruit Soup.

Dried apricots $\frac{1}{2}$ pound.
 Lemon (sliced fine and cut out lengthwise) 1.
 Pearl tapioca 1 cup.
 White raisins 1 cup.
 Dark seedless raisins 1 cup.
 Pineapple (crushed) $\frac{1}{2}$ cup.

Cover the above ingredients with cold water and let soak overnight. Add 2 parts water to 1 part pulp and $1\frac{1}{2}$ cups sugar, a small can of crushed pineapple and cook for 1 hour until fruit is soft and tapioca is clear. Keep flame low and stir occasionally to prevent sticking.

MRS. E. G. SHORE.

Kidney Bean Soup.

Kidney beans 1 cup.
 Water (cold) 1 quart.
 Onion (small) 1.
 Salt $1\frac{1}{2}$ teaspoons.
 Butter $3\frac{1}{2}$ tablespoons.
 Flour 3 tablespoons.
 Tomatoes 1 can (2 cups).
 Water 1 pint.
 Bay leaf $\frac{1}{2}$.
 Cloves 3.
 Sugar 1 tablespoon.
 Soda $\frac{1}{2}$ teaspoon.

Soak beans overnight in cold water. Add water and sliced onion and simmer till beans are soft ($2\frac{1}{2}$ to 3 hours), adding more as needed. Rub through a sieve. The last half hour of cooking ingredients above, simmer in another saucepan tomatoes, water, bay leaf, cloves, sugar, and at the end of that time remove from the fire, rub through a sieve. Cook butter and flour together, taking care not to brown, however, and bind together the mixtures after combining, adding the salt and keeping hot in double boiler until serving time.

EVELYN GOODMAN.

Leek and Potato Cream Soup.

Potatoes (large) 2.
 Onion 1.
 Salt 2 teaspoons.
 Pepper $\frac{1}{2}$ teaspoon.
 Leeks 2.
 Water (boiling) 6 cups.
 Butter 1 tablespoon.
 Cream or rich milk 1 cup.

Wash leeks, use white and green parts, cut up; peel and cut up potatoes and onion, pour boiling water over all. Boil 30 minutes, mash through a sieve. Add butter, cream, salt and pepper.

MRS. P. KOOB.

Lima Bean Soup.

Lima beans 1 pound.
 Water (boiling) 4 cups.
 Milk (scalded) 3 cups.
 Onion (small, finely chopped) $\frac{1}{2}$.
 Flour 2 tablespoons.
 Butter 3 tablespoons.
 Bay leaf 1.
 Salt $1\frac{1}{4}$ teaspoons.
 Sweet marjoram 1 teaspoon.
 Parsley (chopped fine) 1 tablespoon.
 Pepper $\frac{1}{2}$ teaspoon.

Cook lima beans until tender, put through a strainer or vegetable press. Add boiling water and scalded milk.

Melt the butter, add flour and seasonings. Then cook for about 5 minutes, strain again. Add chopped parsley and serve.

HELEN BEISCHKE.

Meat Soup.

Onions (large) 4.
 Beef (shank or better) 2 pounds.
 Noodles (fine) 1 package.
 Water 4 quarts.
 Tomatoes 1 large can.
 Veal or veal bone 1 pound.
 Cinnamon (whole) 2 small sticks.

Quarter the onions, put them into the water together with the beef and veal, drop the two sticks of cinnamon into water. Season to taste with salt and pepper, and cook until meat is tender over a medium flame. Remove the meat and put in tomatoes, cook 10 minutes, mashing the tomatoes with a fork. Strain and put in refrigerator. Remove fat from the top on the following day. Cook noodles separately, when tender put in soup, heat all and serve.

MISS FLORENCE ROSENTHAL.

Liver Dumplings.

Calf or beef liver (ground fine) $\frac{1}{2}$ pound.
 Bread crumbs (soaked in milk) 3 cups.
 Butter 1 tablespoon.
 Parsley (chopped fine) 1 tablespoon.
 Nutmeg (grated) $\frac{1}{8}$ teaspoon.
 Pepper $\frac{1}{4}$ teaspoon.
 Eggs 2.
 Onion (small) 1.
 Marjoram (fine) $\frac{1}{2}$ teaspoon.
 Salt 1 teaspoon.
 Flour 4 tablespoons.

Wash the liver, remove skin and put 2 or 3 times through a fine food chopper, then add spices and then the onion which has been fried in butter to a golden brown, then add the 2 eggs, then the bread crumbs (not too wet), then flour, making this a rather stiff dough. If necessary add a little more flour. Make small dumplings and drop into boiling soup stock.

MRS. AGNES ZIMMER.

Marrow and Bread.

Marrow soup bone with meat on it.
 Soup greens (with onions) 1 bunch.
 Calf's heart 1.
 Tomato pulp or puree 1 can.

Make soup of bone and heart with enough water to cover meat, cook slowly until tender.

Egg (beaten) 1.
 Milk 1 tablespoon.
 Butter 1 teaspoon.
 Bread crumbs.
 Marrow from bone.
 Salt, pepper and nutmeg.
 Parsley.
 Pinch of baking powder.

Add salt, pepper, nutmeg, milk, marrow and butter to egg. Chop a

little parsley in, then add enough bread crumbs to thicken and baking powder. Roll dumplings in bread crumbs and add to hot soup just before serving.

MRS. WILLIAM KORNBLUM.

Meat Soup.

Water (boiling) 4 quarts. Rye flour 1 table-spoon.
Ham shank (very small). Beef from the shoulder 2 pounds.
Kale 4 cups.

Put beef and ham in boiling water. Skim, boil about an hour before adding kale which has been put through food grinder. (Pour boiling water over kale and drain before adding to meat. Mix rye flour with it.) Boil until kale is done, about 1½ to 2 hours. Stir often. When done thicken with a little more rye flour made smooth in cold water. Serve hot.

MRS. N. R. PAULSON.

Meat Soup.

Brisket 1½ pounds. Piece of beef liver. Bone with marrow.

Put the meat in a good-sized pot with about 4 quarts of water. Put over a slow fire and simmer steadily and slowly for 6 hours. In the meantime add onions, celery, turnips, carrots, bay leaves, peppercorn and tomatoes. For dumplings, mash the marrow of the bone with a little butter, bread crumbs, 1 egg, very little chopped parsley, flour to hold. Heat the bouillon, let come to a boil and drop in the dumplings.

ELIZABETH TYSON.

Meat Soup.

Bologna (cut in small pieces) 1 ring.
Celery (chopped) ½ cup.
Carrots (chopped) ½ cup.
Onion (chopped) 1.
Potatoes (medium sized, chopped) 2.
Cabbage (chopped) 1 cup.
Sweet peppers (chopped) 2.
Tomatoes 1 small can.

Cook the bologna ½ hour, then add vegetables, cook ½ hour and serve.

MYRTLE WESTMAN.

Meat Puff.

Ribs of beef (mid-die cut) 2 pounds.
Carrots (diced) 2.
Celery root (diced) 1.
Leek (diced) 1.

Have bone of ribs sawed through but not removed. Cover with cold water and cook slowly for 2 hours, skimming as necessary, adding salt after most of scum has been re-

moved. Add vegetables to soup for the last hour of cooking.

Round steak (ground) ½ pound.
Egg 1.
Water (cold) ½ cup.
Flour ¼ cup.
Salt and pepper.

Add flour to steak, then egg, salt and pepper. Gradually add enough water to make a soft spongy mixture. Beat thoroughly. Drop from moistened teaspoon into boiling soup. Cook 5 minutes.

Flour 1 cup.
Butter ¼ cup.
Water 1 cup.

Bring butter and water to a boil. Add all flour at once, stirring vigorously, cook over a slow fire until the mixture leaves the sides of the pan in a smooth mass. Add ½ teaspoon salt and allow to cool. Break 1 whole egg into the dough and mix well. Add a second and possibly a third egg until a smooth spongy mixture is obtained. Drop by teaspoons into the rapidly boiling soup. When the dumplings rise to the surface they are cooked. Serve three of each of the dumplings to each serving.

MRS. BERTHA HANSEN.

Cream of Mushroom Soup.

Soup stock 6 cups.
Flour 2 teaspoons.
Butter 1 teaspoon.
Mushrooms (medium sized) 6.

Peel and cut mushrooms in small pieces. Strain and thicken the soup stock with the butter and flour, add the mushrooms and boil 10 minutes, add ½ pint of cream, heat and serve.

MRS. JOHN GRIFFIN.

Mushroom Potato Soup.

Butter 2 tablespoons.
Water (boiling) 4 cups.
Potato (diced) 1 cup.
Salt 1 teaspoon.
Onion (small) 1.
Pearl barley (well rinsed) 1 tablespoon.
Carrot (diced) 1.
Dash of pepper.

Melt the butter, add the diced onion and fry until it is slightly tinged, then add the remaining ingredients and cook until potato and carrot are quite tender, then add 6 pieces of dried mushrooms which have soaked in warm water half an hour, cut in small pieces. Cook 10 minutes longer, then add 1 tablespoon chopped parsley and ½ cup canned peas. Bring to a boil and serve.

MRS. SYLVIA CRIPPEN.

Navy Bean Soup.

Navy beans 1 cup. Brisket of beef 2
Parsley and celery pounds.
leaves. Tomatoes 1 medium-
Celery (cut fine) 1 sized can.
cup. Onions (medium) 3.
Salt 1 tablespoon. Tiny dumplings.

Soak beans for 24 hours. Clean meat and put into pot with 2 quarts of water. Bring to a boil and cook gently. Skim, add drained beans, parsley and celery leaves tied in a bunch. Simmer for 2 hours. Add celery, onions, tomatoes and salt and simmer for 1 hour longer. Ten minutes before serving add tiny dumplings dropped in the soup by the half teaspoonful. Cook 10 minutes.

MRS. JOSEPH CULVERWELL.

Noodles.

Flour enough to Egg (beaten) 1.
make stiff. Salt.

Add the salt and flour to the egg, roll out in a sheet. Let stand until rather stiff, 3 or 4 hours. Roll like jelly roll, cutting off from the end with a knife in thin strips. Spread out to dry. Cook 10 minutes in meat broth. BERTHA M. BERNHARDT.

Nut Soup (Pecan).

Eggs 3. Milk 1 quart.
Salt and pepper. Pecan halves.
Cream (whipped).

Beat 3 eggs all together. Stir into a quart of milk, season with salt and pepper and cook until it starts to thicken, stirring constantly. Do not let it boil. When ready to serve pour it over pecan halves in bouillon cups. Whipped cream may be added, 1 teaspoon to each cup of soup.

MRS. H. NORMAN WEISER.

Nut Soup.

Chestnuts 1 quart. White stock 2 quarts.
Salt 1 teaspoon. Butter 1 tablespoon.
Cream $\frac{1}{2}$ cup. Seasoning of salt and
Flour 2 tablespoons. pepper.
Lemon rind 1 piece.

Boil chestnuts 20 minutes, remove shells and brown inner skin, then put into saucepan with sufficient boiling water to cover them. Add lemon rind and 1 teaspoon salt. When soft remove rind and rub through a sieve. Then pour over them, stirring all the time, 2 quarts white stock, $\frac{1}{2}$ cup cream, 1 tablespoon butter mixed with 2 tablespoons flour, salt and pepper. Bring to boiling point and serve hot.

F. W. BARTHOLOMAE.

Onion.

White onions 2. Butter 1 tablespoon.
Flour. Broth (clear) 3 pints.
Salt and pepper. Egg yolks 3.
Sweet cream 1 cup. French bread (thin
Parmesan cheese. slices).

Slice onions finely, parboil, drain on a cloth and fry in a stewpan with butter, but do not brown; sprinkle with a little flour and cook 2 minutes more, stirring well. Add broth slowly and season with salt and pepper. Boil gently for 15 minutes, stirring occasionally. Take from fire and thicken with yolks of eggs, add cream, mix thoroughly, heat again. Cut slices of French bread, dry them in the oven, then butter one side and dust with grated Parmesan cheese mixed sparingly with paprika; put back in oven to melt slightly and brown the cheese. Serve with the soup.

LILLIAN SPENCER.

Oxtail Soup.

Oxtail (cut in inch Lamb knuckle (hacked
sections) 1. 4 times) 1.
Beef bone (small). Carrot (large) 1.
Dry onions (medium Celery 4 outside stalks,
sized) 2. sprigs of yellow
Fine barley 3 table- leaves and 2 green
spoons.

Wash, scrape and clean all meat, put on stove with 2 quarts water; let come slowly to a boil and skim; add teaspoon of salt and $\frac{1}{4}$ teaspoon of black pepper. Grate carrot. Cut leaves and stalks of celery fine, also the onion. Cook with carrot 15 minutes just simmering, then add barley and boil 1 to $1\frac{1}{2}$ hours.

MRS. EDITH A. SORENSSEN.

Oyster Stew.

Oysters (fresh) 1 Butter 4 tablespoons.
pint. Milk (rich) 1 quart.
Salt and pepper.

Put oysters in 1 pint of water and add butter and seasonings and simmer gently until the oysters curl at the edges. Add scalded milk and bring quickly to the simmering point. Serve very hot.

MRS. LLOYD E. HOLKE.

Parsnip Soup.

Parsnips 2. Milk 3 cups.
Butter 1 tablespoon. Salt and pepper.
Cream (whipped). Dash of paprika.

Boil parsnips and when they are tender put through potato ricer. Add milk to pulp and season with salt, pepper and butter. Put whipped cream and paprika on each serving.

RUTH N. THOMSON.

Cream of Pea Soup.

Peas 1 large can. Water (cold) 2 cups.
 Sugar $1\frac{1}{2}$ teaspoons. Pork sausages 2.
 Salt 1 teaspoon. Butter 2 tablespoons.
 Flour 2 tablespoons. Milk 2 cups.

Open peas, add 2 cups cold water, sugar, sausages and cook for 20 minutes. Remove sausages and put mixture through strainer. Season with salt. Make cream sauce of butter, flour and milk. Pour this slowly into the pea mixture, add diced sausages and cook 1 minute. Serve with croutons.

MRS. J. A. WALL.

Dried Pea Soup.

Split green peas $\frac{1}{2}$ package. Onion (medium sized) 1.
 Whole-milk spreading cheese $\frac{1}{4}$ package. Salt $\frac{1}{4}$ teaspoon.
 Spinach $\frac{1}{2}$ pound. Whole-wheat bread 3 slices.

Soak peas overnight; cook until tender, about 2 hours. Add spinach which has been thoroughly washed. Add onions diced, salt, and cook 20 minutes. When ready to serve cut the sliced bread into small cubes or balls and toast. Spread cheese on toasted pieces while hot. Add toast to soup in dishes.

MRS. W. S. BOWLES.

Pea Pod Soup.

Pea pods 2 quarts. Water 1 quart.
 Lettuce (shredded) 1 cup. Onion (chopped) 1 tablespoon.
 Cream stock 1 pint.

Boil the pods in the water with the lettuce and onion until it is boiled down to one pint; strain and add to the cream sauce. Cooked peas that have been left over may be pressed through a colander and added. To make cream stock, melt 1 tablespoon butter, add 1 tablespoon flour, then 1 pint milk gradually, and when it has thickened $\frac{1}{2}$ teaspoon of salt and black pepper to taste.

ADA MILNE.

Cream of Pimento Soup.

Milk (hot) 2 cups. Chicken broth 2 cups.
 Butter 4 tablespoons. Flour 2 tablespoons.
 Pimentos $\frac{1}{2}$ can. Onion (finely grated) 1 teaspoon.
 Speck of cayenne pepper. Salt $\frac{1}{2}$ teaspoon.
 Tabasco sauce $\frac{1}{8}$ teaspoon. Milk (cold) 2 tablespoons.

Combine hot milk and soup, put in a double boiler and heat. Cream the butter, flour and cold milk, blend together and add to mixture in double boiler. Boil and stir constantly.

Press pimentos through potato ricer and add onion and seasonings. Mix well and serve.

MRS. BERDINA CASSADY.

Pioneer Soup.

Spareribs $1\frac{1}{2}$ pounds. Tomatoes $\frac{1}{2}$ cup.
 Potatoes (medium sized, diced) 6. Onions (large, sliced thin) 3.

Put spareribs on in cold water, and when coming to a boil skim. After $\frac{1}{2}$ hour of boiling, add onions and tomatoes, then $\frac{1}{2}$ hour later add salt and pepper to taste and potatoes. Simmer until ribbles are added, then boil.

Egg 1. Flour 2 cups.
 Salt 1 tablespoon. Water 3 quarts.

Beat egg until light, sift flour in beaten egg until fine ribbles are obtained by working between fingers. Ten minutes before serving the soup, remove the meat. Add as many ribbles as will thicken soup nicely. If there are any left, they will keep in covered jar. Boil 10 minutes.

MRS. M. E. WILLARD.

Cream of Potato.

Potatoes (medium sized, cubed) 4. Onion (sliced) 1.
 Celery (cubed) 1 bunch. Corn 1 cup or 1 small can.
 Butter 2 tablespoons. Milk 1 quart.

Cook potatoes, onion and celery until tender in sufficient water to cover. Add corn, butter and season to taste with salt and pepper. Add the milk, bring to a boil and serve. Add 1 tablespoon finely chopped parsley just before serving.

MISS DOROTHY R. CASS.

Creamed Potato Soup.

Potatoes (white, medium sized) 6. Carrots (medium sized) 2.
 Onions (medium sized) 2. Salt, pepper and celery salt.
 Milk 1 quart.

Pare and cut in small pieces potatoes and carrots. Cook in a small amount of water until tender; strain through coarse sieve. Pare and cut onions, cook separately until tender, put through sieve, combine with other vegetables and stock, season to taste. Heat milk, add vegetables, and cook until well blended. Serve with bread croutons.

MRS. WARREN P. HEISER.

Pumpkin Soup.

Pumpkin (cooked) 3 cups. Butter 1 tablespoon.
 Salt to taste. Whole milk 1 quart.

Cook or steam pumpkin until tender, then mash with masher. Add

milk and butter and salt to taste, bring to boiling point and serve with dumplings or crackers.

MRS. ADELAIDE HARTWIG.

Cream of Spinach Soup.

Spinach 2 quarts, or Chicken soup 1 quart.
2 heads of lettuce White sauce 2 cups.
(finely cut).

Wash, chop over, cook spinach in large kettle without water; cook slowly until juice is drawn out, then boil until tender and chop; rub through sieve, add soup, heat to boiling point, add white sauce, season with salt and pepper. Serve in bouillon cups topped with whipped cream, sprinkled with chopped parsley. M. MUNGEN.

Tomato Bouillon.

Tomatoes 1 peck. Onions (large) 6.
Celery 1 large bunch.

Simmer thoroughly without adding water. Strain through a sieve, add $\frac{1}{4}$ cup salt, $\frac{1}{2}$ cup sugar, a dash of cayenne pepper, and thicken with $\frac{1}{2}$ cup of flour, boil 10 minutes and seal in pint pars. Open 1 pint jar for serving for five. Add a quart of boiling water and a lump of butter before serving. MRS. S. P. KENNEDY.

Cream of Tomato Soup.

Tomatoes 1 quart. Celery 2 stalks.
Parsley 2 stalks. Onion (medium sized)
Bay leaves 2. 1.
Pinch of paprika. Cloves 2.
Brown sugar 2 teaspoons. Salt 1 teaspoon.

Cook tomatoes. Cook remaining ingredients for 20 minutes in enough water to prevent burning. Add to tomatoes and cook 10 minutes longer. Rub through a coarse sieve. Reheat to boiling point and thicken with 1 tablespoon of flour. Melt 1 large tablespoon of butter in a saucepan, add 1 tablespoon of flour, and let cook until perfectly smooth, then add slowly enough hot milk to make one quart. Heat to boiling point and add the tomatoes to the hot milk while at the same temperature.

ROSINA REICHERS.

Tripe.

Veal soup bone Potatoes (medium sized) 4.
(large, about 1 pound of meat Salt, white pepper,
attached to bone). peppercorns.
Tripe (fresh) $1\frac{1}{2}$ pounds. Sponge balls.

Boil the soup bone in 4 pints of water for 2 hours. Remove the bone and cut up the meat in very small pieces, return to the broth and add

tripe, cut in inch squares, and seasonings. Boil together 30 minutes, then add potatoes cut in thick slices, add sponge balls when these are tender.

Eggs 2. Milk.
Flour 1 cup. Butter (melted) 2 tablespoons.
Salt.

Put whites of eggs in a teacup, fill the cup with milk and pour the contents into a stewpan; add flour and melted butter. Stir well over the fire until the batter is thick and smooth. Set it to cool, after which add yolks of eggs and a little salt. Drop into boiling soup in small teaspoonfuls. Cook about 8 minutes and serve at once.

MRS. C. D. TODD.

Turtle Soup.

Turtle 1. Carrot 1.
Onion 1. Celery $\frac{1}{2}$ bunch.
Peas $\frac{1}{2}$ cup. Tomatoes 1 cup.
Pearl barley 1 tablespoon. Salt, pepper and parsley to taste.

Wash the turtle, cut the skin loose from under shell, skin legs and neck and remove all fat, save the liver. Cut up and wash. Cook 3 hours in 4 quarts of water; when tender lift out meat and add vegetables, all diced, and seasonings. Cook vegetables until tender.

MRS. P. A. MORRIS.

Vegetable Soup.

Carrots 3. White turnips (large)
Potatoes (small) 3. 2.
Celery 4 stalks. Onions 2.
Kidney beans 1 can. Green pepper $\frac{1}{2}$.
Olive oil 2 tablespoons. Salt.

Cut the carrots lengthwise into narrow strips, snipping these into 2-inch lengths, dice the turnips and potatoes, chop the onions, celery and green pepper. Place vegetables in $1\frac{1}{2}$ pints boiling water, cover closely and simmer until tender. Then add kidney beans and enough water to thin the soup to the desired consistency. When it has again come to a boil, add the olive oil, mix thoroughly, salt to taste, cover and simmer slowly for 15 minutes.

RUTH R. PEARSON.

Vegetable Soup Without Meat with Egg Dumplings.

Green onions (small, New peas (shelled)
peeled and 2 quarts.
mashed) 2 dozen. New potatoes (very
New carrots (very small) 1 dozen.
small, scraped and Butter 3 large table-
washed) 3 dozen. spoons.

Put all vegetables in a kettle, sea-

son to taste, cover with water and boil until tender. In separate bowl break 3 fresh eggs, beat well, add 1 cup of milk and flour to thicken until mixture is a little thicker than batter for pancakes. Drop with a spoon in boiling soup and boil for 10 minutes.

MRS. E. MANN.

Vegetable Soup.

Soup meat 1 pound.	Water 8 cups.
Salt 2 teaspoons.	Parsnip (small) 1.
Spinach (chopped) 1 cup.	Soup bone (large) 1.
Celery 1 bunch.	Pinch of pepper.
Onion (small) 1.	Onion (medium) 1.
Carrots (medium) 4.	Carrots (medium) 4.
Green beans (cut) 1 cup.	Tomatoes (medium) 3.
	Potato (small) 1.

Cook soup bone in deep, tightly covered kettle with 1 teaspoon salt and 4 cups water slowly for 1 hour or more. Pour off soup into another bowl and cook bone again in remaining water and salt. Simmer gently. After $\frac{1}{2}$ hour add meat and rest of soup and cook until meat is tender. Wash and pare carrots, turnip, parsnip, potato, string the beans, wash tomatoes, celery and cut all into small pieces, using tops of celery also. Cook vegetables until tender.

MARGUERITE M. NELSON.

Vegetable Soup.

Beef knuckle 1.	Water (cold) 2 quarts.
Pearl barley $\frac{1}{4}$ cup.	Carrot (medium sized, chopped) 1.
Celery (chopped) 1 cup.	Parsnip (medium sized, chopped) 1.
Onion (chopped) 1.	Potato (diced) 1 cup.
Evaporated milk $\frac{3}{4}$ cup.	Parsley (chopped) 1 tablespoon.
Salt and pepper to taste.	

Three hours before serving put the beef and the cold water in the kettle and bring slowly to the boiling point. Skim and simmer slowly. An hour before serving add the barley. Add all vegetables but parsley $\frac{1}{2}$ hour before serving and continue simmering until they are done. Just before serving add milk and parsley.

MRS. J. R. HILEMAN.

Vegetable Soup.

Potatoes (medium sized) 2.	Carrots (medium sized) 2.
Onions (small) 2.	Turnip (medium sized) 1.
Butter 5 tablespoons.	Thin cream or whole milk 1 pint.
Salt and pepper to taste.	
Water.	

Pare the carrots and the turnip and dice in small pieces, and shave

the onion into small pieces. Put the butter in a skillet and when it is melted add the above vegetables. Fry slowly in the butter for 15 minutes, being careful that the vegetables do not brown. In the meantime pare and dice the potatoes. Place in a saucepan and add the contents of the skillet. Cover with water and boil slowly for 25 minutes (until vegetables are tender). Now add cream or milk and place in double boiler. Season with salt and pepper to taste. Heat well but do not allow milk to boil.

MRS. LILLIAN JOSE COLBOURN.

Vegetable Soup.

Soup bone (large) with some meat on it.	White turnip.
Onions 3.	Peas 8 or 9 pods.
Celery with leaves 5 stalks.	Carrots 3.
	Few sprigs parsley.
	Parsnip.

Wash soup bone and cover with cold water and bring to a boil. Then skim it carefully and simmer 2 hours with celery leaves and parsley. Remove the soup bone and strain liquor and pour back in clean kettle. Add vegetables cut up and cook till tender. Season the soup to taste.

SELMA GOGG HUMMEL.

Vegetable and Meat Soup.

Soup shank 1.	Tomato soup 1 can.
Water 4 quarts.	Pearl barley 2 table- spoons.
Rice 1 tablespoon.	Cabbage $\frac{1}{4}$ small head.
Celery 4 outside stalks.	Onions (medium sized) 2.
White turnips 2.	Green beans 1 cup.
Green peas $\frac{1}{2}$ cup.	Potatoes (medium sized) 4.
Parsley 10 sprigs.	
Salt 2 tablespoons.	

Pour water over shank and bring slowly to boil. Skim and reduce temperature. Simmer $2\frac{1}{2}$ to 3 hours. Strain into a large kettle and add liquid to make 4 quarts. Bring to boil and add washed rice and barley. Let boil $\frac{1}{2}$ hour. Scrape carrots, peel turnips, onions, potatoes. Shell peas and string beans. Wash parsley and celery, leaving on the leaves. Put all vegetables but peas through food chopper, preserving juice and adding juice and all vegetables to boiling stock. Cook 10 to 15 minutes, and add tomato soup the last 5 minutes.

MRS. HAZEL M. STACKLING.

VEGETABLES

Vegetables include all plants which are commonly used for food with the exception of fruits and grains. Most vegetables are valuable for their mineral salts value and vitamin content. They furnish the cellulose which adds bulk to the diet.

The protein vegetables, legumes, peas, beans and lentils, furnish a protein which is used by many as a flesh protein substitute.

The newer method of preparing vegetables is to cook the vegetable just to the tender point.

Artichokes.

Butter (melted) 10 tablespoons. Artichokes 5.

Cut the stalks of the artichokes close, wash and lay point down in cold salted water for 30 minutes. Cook in boiling salted water for 40 minutes or until tender enough to draw out the leaves easily. Turn them upside down to drain a few minutes. Cut about a half inch off the point so they will stand stem up. Serve individual dishes of melted butter, about 2 tablespoons in each, and the meaty part of the leaf may be dipped into this butter and eaten. If preferred cold the artichoke may be served in the same way with mayonnaise dressing.

JESSIE E. ROBINSON.

Buttered Asparagus.

Asparagus 1 bunch. Toast.

Cut the tough part off the bottom of the asparagus. Wash and remove side scales. Re-form in a bunch and tie together. Stand on end in boiling salted water so that tips remain out of the water for the first ten minutes. Cook the bunch lying on its side for five more minutes or until tender, then drain. Cut the string, serve on toast covered with browned butter, white sauce, cream sauce or bread crumbs browned in butter.

MISS ELSIE WIEBIG.

Asparagus and Egg.

Asparagus 24 stalks. Butter (drawn) 1 cup.
Eggs 6. Salt, pepper.

Cut the asparagus into inch lengths and boil in salted water until tender. Drain, pour on the butter, stir until hot and turn into a baking dish. Break the eggs on top, put a bit of butter on each, salt, pepper, and put into a quick oven until the eggs are set.

MRS. M. BECKER.

Asparagus au Gratin.

Asparagus tips 1 Crumbs (buttered) 1
can. cup.
Cheese (grated) 1 Paprika $\frac{1}{4}$ teaspoon.
cup. Milk 1 cup.
White sauce 2 cups. Asparagus juice 1 cup.
Butter 2 tablespoons. Flour 2 tablespoons.
Salt.

Melt the butter, blend the flour until smooth without browning, add the asparagus water a little at a time, then add the milk, cheese and seasoning. Cook 5 minutes. Place tips in a buttered baking dish, pour over it the sauce. Cover with buttered crumbs, sprinkle with paprika and bake in a hot oven, 450 degrees, until the crumbs are brown. SARAH WEISS.

Asparagus Loaf.

Asparagus tips 1 Flour 6 tablespoons.
large can. Milk 1 cup.
Butter 2 tablespoons. Eggs 3.

Melt butter, add flour and blend, then add milk and cook until very thick, season to taste with salt and red pepper. Add well-beaten eggs, pour over asparagus in well-greased pan and set in pan of hot water in moderate oven until it molds, about $\frac{1}{2}$ hour, keeping the water below boiling. Unmold and when ready to serve pour over a sauce made from 1 tablespoon butter, 2 tablespoons flour, 1 cup cream, $\frac{1}{2}$ teaspoon salt, a few grains of cayenne, cook until thick and add $\frac{1}{2}$ cup broken pecans.

MRS. ROBERT C. TEVELL.

Asparagus Loaf.

Butter 2 tablespoons. Cream 1 cup.
Flour 2 tablespoons. Asparagus tips 1 can.
Salt 1 teaspoon. Eggs 4.
Dash of cayenne.

Butter thoroughly a charlotte mold of quart size, line with well-drained

asparagus tips. Take a small double boiler, put in butter and flour and mix well. Add salt and cayenne, also cream. Allow to boil slowly for 5 minutes, remove from the fire, add a cup of asparagus and the eggs well beaten. Turn mixture carefully into decorated mold. Set mold in pan of hot water and cook in moderate oven about 30 minutes, or until center is firm, turn the loaf on to a hot platter, arrange around it toasted and buttered triangles of well-done toast. Pour around it warm bechamel sauce and serve at once. JOSEPH H. LE ROI.

Mock Asparagus.

Onions (large) 2. Water (boiling) 2
Pinch of pepper. cups.
Salt 1 teaspoon. Butter 2 tablespoons.
Cucumbers (large) 3.

Peel and quarter onions and cucumbers. Remove cucumber seeds and salt down for 20 minutes. Put the onions into boiling water, salt and butter and boil about 10 minutes. Wash cucumbers and put in with onions, cook 10 minutes. Stir a tablespoon of flour and $\frac{1}{2}$ cup milk to a cream and pour over the cucumbers and onions. Stir until it boils. Pour over toasted bread and garnish with parsley.

MARY QUIGLEY.

Creamed Parsley Asparagus.

Asparagus 1 bunch. Parsley (chopped) 1
Flour 2 tablespoons. tablespoon.
Milk 1 cup. Salt $\frac{1}{2}$ teaspoon.
Butter 1 tablespoon. Pepper.

Steam the asparagus until tender, about 15 minutes. Melt the butter in saucepan, add flour mixed with salt and pepper, stir until smooth. Add milk gradually, stirring continuously to prevent lumps. Add chopped parsley and bring to a boil.

MRS. MAE PODLESACK.

Macaroni and Kidney Beans.

Red kidney beans 1 Tabasco $\frac{1}{2}$ teaspoon.
pint. Macaroni 2 cups.
Bacon (sliced) $\frac{1}{2}$ Tomatoes $\frac{1}{2}$ cup.
cup. Cheese $\frac{1}{2}$ pound.
Chili sauce 2 table- Salt and paprika.
spoons.

Soak beans overnight. Boil beans and macaroni separately until tender. Fry bacon. Add tomatoes to hot bacon fat and boil for ten minutes. Add chili sauce, tabasco and season highly with salt and paprika. Place beans in center of platter and

pour sauce over. Drain macaroni and place in layer around beans. Sprinkle grated cheese over all and garnish with bacon strips.

MRS. H. R. SHEPHERD.

Spanish Beans.

Bacon 4 slices. Kidney beans 1 can.
Tomatoes 1 No. 2 Onion (good sized) 1.
can. Celery 1 small bunch.
Green pepper 1. Carrot (small) 1.

Dice bacon, slice onion and fry with bacon to a delicate brown. Cut celery, green pepper and carrot in small pieces, add all to tomatoes and boil until celery is tender. Add kidney beans and cook 20 minutes.

MRS. B. B. SMALLEY.

Lima Beans.

Dry lima beans 1 Milk (top) $\frac{1}{3}$ cup.
pound. Garlic (minced) 1
Parsley (minced) $\frac{1}{2}$ small clove.
teaspoon. Salt 1 teaspoon.
Pinch of sugar. Butter 4 tablespoons.

Soak the beans overnight, boil until tender in salted water. Drain, keep bean water for soup. Add butter, garlic, parsley and rich milk, boil up once and serve.

MRS. LILLIAN G. ROSS.

Baked Lima Beans.

Lima beans 2 pints. Mushroom or tomato
Milk $\frac{1}{2}$ cup. catsup 1 tablespoon.
Parsley (chopped) 1 Butter $\frac{1}{2}$ table-
teaspoon. spoons.
Dash of pepper and Salt $\frac{1}{2}$ teaspoons.
paprika.

Clean and soak the beans overnight. Then boil for an hour in water in which they soaked. Melt the butter and add the beans and remaining ingredients. Mix gently and bake an hour in a moderate oven.

MISS ANNABELLE MAC FARLANE.

Bean Loaf.

Rice (boiled) $\frac{1}{2}$ Salt and paprika to
cups. taste.
Beans (cooked, Walnuts (chopped) $\frac{1}{2}$
mashed) $\frac{1}{2}$ cups. cup.
Eggs (beaten well) Celery tops (chopped)
2. 1 tablespoon.

Onion (chopped) 1.
Mix rice, nuts, beans, celery, eggs, onion and seasonings and put in greased loaf pan. Brush top with butter. Serve with or without tomato sauce, cranberry sauce or jelly.

MISS LELIA H. KOBBS.

Spanish Limas.

Onion (chopped Green pepper (chopped
fine) 1. fine) 1.
Bacon fat 1 table- Dried limas (cooked)
spoon. 2 cups.
Tomatoes (cooked, Ham (left over, diced)
strained) 1 cup. 1 cup.
Cook the onion and green pepper

in the bacon fat for 5 minutes until a delicate brown. Then add the tomatoes, limas and ham. Place over a low heat until thoroughly heated. Serve garnished with sprigs of parsley.

MRS. R. J. BALLENTINE.

Succotash.

Lima beans (boiled)	1 cup.	Butter	1 teaspoon.
Parsley (finely chopped)	1 teaspoon.	Corn (boiled)	1 cup.
		Milk	1 tablespoon.
		Salt and pepper	to taste.

Heat all together a few minutes.

AGNES KAUSE.

Baked Beans.

Navy beans (large)	1 pound.	Tomato catsup	$\frac{1}{2}$ cup.
Mustard (dry)	1 teaspoon.	Dark cooking molasses	1 tablespoon.
Onion (small)	1 tablespoon.	Granulated sugar	2 tablespoons.
Brown sugar	1 tablespoon.	Salt pork	$\frac{1}{4}$ pound.
		Salt	$\frac{1}{2}$ teaspoon.

Soak the beans overnight in a quart of lukewarm water. In the morning boil over a low flame for 30 minutes, adding water to cover if necessary. Add molasses, sugar, salt, catsup and mustard dissolved in $\frac{1}{2}$ cup hot bean liquid. Cut salt pork in cubes, place the onion with several cubes of pork. Pour over bean mixture, sprinkle top with brown sugar, add several pork cubes and bake covered $4\frac{1}{2}$ hours in slow oven.

MRS. LOIS BROWN.

Baked Bean Loaf.

Navy beans (cooked)	2 cups.	Tomato puree	1 cup.
Green pepper (chopped)	3 tablespoons.	Salt	$1\frac{1}{2}$ teaspoons.
Peas (canned)	1 cup.	Pepper	$\frac{1}{4}$ teaspoon.
Bread or cracker crumbs	$\frac{1}{4}$ cup.	Celery (diced)	$\frac{1}{2}$ cup.
		Eggs (beaten)	2.
		Onion (chopped)	2 tablespoons.
		Butter	3 tablespoons.

Mix all the ingredients and place in a well-greased loaf pan. Bake 40 minutes in a moderate oven, about 325 degrees. Unmold on a platter and surround with white sauce to which have been added 2 teaspoons chopped parsley, or a can of tomato soup may be used for sauce.

PRISCILLA K. HOLMES.

Beans and Spaghetti.

Navy beans (cleaned)	1 cup.	Spaghetti (broken)	$\frac{1}{2}$ cup.
Vegetable oil	3 tablespoons.	Molasses	$\frac{1}{2}$ cup.
Onion (diced)	1.	Tomato puree	to cover.

Soak the beans overnight. Let boil slowly for 3 hours in water in which they soaked, adding hot water as

needed. Remove from fire, add salt to taste and other ingredients. Pour in greased pan and bake in moderate oven until set.

RUTH A. SIMPSON.

Soy Bean Loaf.

Soy beans	1 cup.	Bread crumbs (toast-ed, buttered)	1 cup.
Salt	1 teaspoon.	Pepper	$\frac{1}{4}$ teaspoon.
Peanut butter	$\frac{1}{2}$ cup.	Cream cheese	$\frac{1}{2}$ cup.
Onion	2 tablespoons.	Milk (hot)	$\frac{3}{4}$ cup.

Soak soy beans overnight. Cook slowly until soft, drain. Put soy beans and onion through food chopper, using medium knife. To the mashed soy beans add crumbs, cheese, peanut butter and seasoning. Gradually add the hot milk. Mix thoroughly and shape in loaf. Place in buttered baking pan. Pour $\frac{1}{4}$ cup celery stock around loaf and bake in moderate oven for 40 minutes. Serve with Spanish sauce.

MRS. E. F. WEKC.

String Beans.

Vinegar	2 table- spoons.	String beans	1 $\frac{1}{2}$ pounds.
Bacon (fried, diced)	6 slices.	Brown sugar	$\frac{1}{2}$ tea- spoon.
Salt and pepper.			

Boil beans until tender in enough water to cover. Chop and cook bacon and vinegar. Pour on the beans. Sprinkle brown sugar over the top.

MRS. CHARLES NOVAL.

String Beans.

Beans	2 quarts.	Bacon fat.	
Several cloves of garlic.		Onion (small, chopped)	1.

Cook beans in salted water with garlic. When tender drain and cool. Put bacon fat in frying pan with onion and brown slightly, then add beans, turn until well heated and serve.

MRS. ALICE CLARA SANER.

String Beans and Carrots.

String beans	1 quart.	Flour	3 tablespoons.
Carrots (cubed fine)	2.	Milk	1 cup.
English celery (cut fine)	$\frac{1}{2}$ cup.	Salt	to taste.
		Butter	2 tablespoons.
		Parsley	1 tablespoon.

Cook the beans and carrots until tender. Make a cream sauce of the milk, flour and butter. Add beans and heat through, add carrots, celery and parsley and serve.

MRS. R. H. WITT.

Baked Green Beans.

Green beans	2 qts.	Bacon	12 slices.
Salt	1 teaspoon.	Pepper	to taste.

String the beans, boil them in sufficient water to cover, add salt. Cook slowly until almost dry. Add no more

water. Place in baking pan or casserole and cover with the bacon cut in inch squares. Bake slowly until bacon is done.

CORA BELL BRIDGMAN.

Buttered String Beans.

Beans 1 quart. Lemon juice $\frac{1}{2}$ tea-
Butter 2 tablespoons. spoon.
Sugar 1 teaspoon. Pepper $\frac{1}{8}$ teaspoon.
Salt $\frac{1}{2}$ teaspoon. Stock $\frac{1}{4}$ cup.

Wash, string the beans, then cut lengthwise in 2-inch lengths. Boil 30 minutes, then saute in a stewpan with butter and seasonings. Cook until butter is absorbed, then add stock and lemon juice and let simmer until tender.

MRS. VERA HEILEMAN.

Snappy Creamed Beans.

String beans or wax Onions (sliced).
beans. Sweet-sour cream 1
Vinegar 1 teaspoon. cup.
Flour.

Cook the beans with sliced onions until tender. Cook down to $\frac{1}{2}$ cup or less of water. Add vinegar and cream, the thicker the better. Thicken with flour as for white sauce. These are good hot or cold.

MRS. A. HUEBNER.

Green String Beans a la Creole.

Breakfast bacon 6 Onion (large, minced)
slices. 1.
Tomatoes 1 can. Green string beans 1
Green pepper (large) medium-sized can.
1. Hotel mushrooms 1
Worcestershire sauce medium-sized can.
1 tablespoon. Granulated sugar 1
Salt to taste. tablespoon.

Dice bacon and fry over slow fire, add minced onion and fry until delicate brown. Add tomatoes, beans, mushrooms, green peppers cut into small pieces, Worcestershire sauce, sugar and salt. Cook 20 minutes slowly, stirring frequently.

MARY NOURSE BALLINGER.

String Beans with Peas and Egg Sauce.

Green beans (small) Beef or chicken stock
1 quart. (hot) 1 cup.
Butter 3 tablespoons. Green peas.
Lemon juice 1 table- Egg yolk 1.
spoon. Flour 1 tablespoon.

Cut the beans in small pieces and cook until nearly tender in boiling salted water; then add an equal amount of green peas and cook about 30 minutes, letting as much of the water boil away as possible; drain, add the butter. Make sauce of the egg yolk, lemon juice, flour and

stock. Season to taste and pour over hot vegetables; serve very hot.

ELIZABETH ELPHICK.

String Beans and Tomatoes.

String or wax beans Thyme $\frac{1}{4}$ teaspoon.
2 pounds. Onions 5.
Tomatoes (fresh) 5. Butter or olive oil.
Salt 1 teaspoon. Pepper $\frac{1}{2}$ teaspoon.

Prepare onions, simmer in a very little water, add butter or olive oil and fry almost brown, add tomatoes (sliced) and seasoning. Stir very often and braise until tomatoes are brown. Then add beans and a little water. Simmer over low heat until tender.

FLORENCE CONSTANT.

Young Beets and Beet Greens.

Beets (young) 2 Boiled dressing $\frac{1}{2}$
bunches. cup.
Lemon juice 1 ta- Butter $\frac{1}{2}$ cup.
blespoon. Salt 1 teaspoon.
Pepper $\frac{1}{4}$ teaspoon. Eggs (hard cooked) 3.

Wash beets and greens thoroughly, rinsing in salted water. Cut greens from beets, leaving 2 inches of stem on beets. Place greens and beets in kettle with boiling water to cover and boil about 35 minutes until tender. When done rinse beets in cold water, remove skin, drain the tops and cut coarsely. Add the melted butter, lemon juice, salt and pepper and mix well. Place greens on platter and decorate with a border made by alternating slices of hard-cooked eggs and beets. Pour boiled dressing over all.

MRS. D. JULIAN BLOCK.

Baked Beets.

Beets (large, boiled) Celery (chopped) 3
5. tablespoons.
Bacon (diced) and Salt and pepper.
drippings 3 slices. Milk.
Onion.

Scoop out the centers of the beets and fill with the following: Fry diced bacon until crisp and mix with the bread crumbs. Add finely chopped celery, salt, pepper and onion to taste and enough milk to make a soft stuffing. Bake in a moderate oven until the stuffing is slightly browned. Serve with lemon juice.

MRS. ALFRED KOHLER.

Beets, Carrots, Beans and Spinach.

Rice (well washed) Carrots $\frac{1}{2}$ cup.
1 cup. Beets $\frac{1}{2}$ cup.
Beans $\frac{3}{4}$ cup. Butter (melted).
Cauliflower 1 head.

Cook the rice until tender in boiling salted water, strain and blanch.

Butter a medium-sized mold, fill with rice, pack down firmly. Keep hot. Turn out on plate at serving time, fill the center with beets cut in wedges, carrots in strips, canned whole beans, peas or spinach. In the center place the cauliflower. Dress vegetables with melted butter and serve.

MRS. S. FREEDMAN.

Creamed Beets.

Beets (cooked and chopped fine) 2 cups.
Sour cream $\frac{1}{2}$ cup.
Bacon 3 slices.
Flour 1 tablespoon.
Lemon juice 2 tablespoons.
Sugar 1 teaspoon.
Salt $\frac{1}{2}$ teaspoon.

Cut bacon in squares, fry, add flour, sour cream, sugar and lemon juice. When this has cooked 2 minutes add the beets, let heat through and serve.

STELLA SWICK.

Grated Beets.

Beets (good sized) 5.
Onion (small) 1.
Lard or bacon fat 1 tablespoon.
Vinegar 2 tablespoons.
Salt $\frac{3}{4}$ teaspoons.
Flour 1 tablespoon.
Sugar 1 tablespoon.

Cook beets until tender. Plunge into cold water and remove skins. When cold grate them; then add the vinegar, salt and sugar and let stand. Put lard in skillet and melt slowly. Add the onion minced very fine, cook in the fat but do not brown. Then add the flour and blend well. Add the beets and cook about 15 minutes.

STELLA SWICK.

Beet Roses.

Beets (medium) 5.
Lettuce 5 leaves.
Carrots (medium) 2.

Boil beets in salted water until tender, 30 to 40 minutes. When tender push off skins, and with apple corer dig out a hole in the root end of the beet. Fill the hole with carrots diced in quarter inch cubes and cooked tender. Place the rose on a lettuce leaf and pour over it a tablespoon of melted butter. Serve hot.

EMILY T. MARSHALL.

Brussels Sprouts and Bacon.

Brussels sprouts 1 quart.
Salt and pepper.
Bacon $\frac{1}{2}$ dozen slices.

Boil sprouts in salted water until tender, about 25 minutes. Drain. Fry bacon, remove and keep hot. Place sprouts in hot bacon fat and fry until slightly browned. Season and serve hot. Garnish with bacon.

MRS. ARDEN R. JOHNSON.

Boiled Cabbage.

Cabbage 1 medium-size head.
Butter 2 tablespoons.
Salt $\frac{1}{2}$ teaspoon.
Dash of white pepper.
Milk (top) $\frac{1}{2}$ cup.

Remove outer leaves of cabbage and shred as for slaw, only slightly wider. Wash in colander and drain. Cook in stewpan with very little water for 8 minutes. Add the salt when half cooked. See that only a small amount of water remains. Then add top milk and butter, pepper and more salt if necessary. Simmer over a low flame, turning cabbage under, then serve at once.

MRS. R. A. WALKER.

Cole Slaw.

White cabbage $\frac{1}{2}$ head.
Sour cream $\frac{1}{2}$ cup.
Vinegar $\frac{1}{2}$ cup.
Sugar 3 tablespoons.
Mustard (prepared) 1 teaspoon.
Salt and pepper to taste.

Shred the cabbage fine. Add other ingredients and mix until perfectly blended. Serve immediately.

MISS HENRIETTA KOENES.

Cole Slaw Special.

Cabbage (shredded) 3 cups.
Green pepper (chopped) 1.
Sour cream $\frac{1}{2}$ cup.
Lemon juice $\frac{1}{2}$ cup.
Egg yolk 1.
Carrots (ground) 1 cup.
Mustard (prepared) $\frac{1}{4}$ cup.
Salt, sugar and pepper to taste.

Combine egg yolk, mustard, seasoning and sour cream. Pour over cabbage, green pepper and carrots, mixing well, then add lemon juice.

MRS. C. MARTENS.

Dutch Cabbage Salad.

Cabbage 1 medium head.
Older vinegar 4 tablespoons.
Salt 1 tablespoon.
Sugar 2 teaspoons.
Bacon 4 or 5 strips.
Water 4 tablespoons.
Pinch of pepper.
Onion (small, chopped) 1.

Shave the cabbage coarsely. Put in cold unsalted water and cook. Let boil only 5 minutes. Fry the bacon diced until well browned. Add the vinegar water, salt, pepper, sugar and onion. Drain cabbage well and serve while hot.

MRS. PAUL FATZ.

Escalloped Cabbage.

Bacon chips (crisp) $\frac{1}{2}$ cup.
White sauce (thin) $\frac{1}{4}$ cups.
Green pepper (chopped) $\frac{1}{2}$.
Cheese (grated) 1 cup.
Crumbs (buttered) 1 cup.
Cabbage 1 small head.
Salt 1 teaspoon.

Cut the cabbage into eighths and cook in boiling salted water 8 minutes. Place a layer of boiled cabbage in an oiled baking dish, then white

sauce, green pepper and cheese. Repeat. Sprinkle top with buttered crumbs and bacon chips and brown in a medium oven, 375 degrees.

MRS. L. KAHL.

Hot Slaw.

Cabbage (medium sized) 1. White vinegar $\frac{1}{2}$ cup.
Salt and pepper. Sugar $\frac{1}{2}$ cup.
Mustard $\frac{1}{2}$ teaspoon. Salad oil 2 teaspoons.

Chop the cabbage fine, boil 15 minutes with enough water to cover. Drain. Boil the remaining ingredients and when hot add 1 cup of cream and 1 egg mixed together. Mix with the cabbage, cook a minute and serve hot.

GERTRUDE STEPHAN.

North Woods Sauerkraut.

Broad noodles 1 pack. Sauerkraut 3 pints.
age. Prunes 1 pound.

Arrange a layer of sauerkraut in a baking dish. Press into it 5 or 6 cooked stoned prunes. Over this add a layer of boiled noodles, and repeat until dish is almost filled. Slowly pour the juice of the prunes over it till dish is almost filled. Bake in moderate oven one hour.

MRS. C. SCHMALL.

Cabbage and Nut.

Cabbage 1 medium-sized head. Cream (thin) $\frac{3}{4}$ cup.
Cracker meal 3 tablespoons. Butter 4 tablespoons.
Onion (minced) 1 tablespoon. Peanut butter $\frac{3}{4}$ medium-sized glass.
Egg 1.

Parboil cabbage until tender. Remove center and pull leaves slightly apart. Mulsify peanut butter with milk. Stir in cracker meal, add lightly beaten egg. Slightly cook onion in melted butter, add to mixture. Pour into cabbage and bake for 30 minutes. Serve with sauce.

MARY L. DEBES.

Steamed Red Cabbage.

Red cabbage 2 pounds. Pinch of caraway seed.
Water 2 cups. Fat 3 tablespoons.
Cider vinegar 4 tablespoons. Salt 1 teaspoon.
Sugar 4 tablespoons.

Shave the cabbage. Put fat in heated kettle and add the cabbage. Cover and let steam wilt it down, stirring occasionally. Add a little more fat if necessary so cabbage will brown a little. It burns very easily. When slightly brown and wilted add the water and salt. Cover and cook

until tender. When almost done add the vinegar and sugar and caraway seed if liked. Cook 5 minutes more.

MRS. EDWARD J. KENEALY.

Red Cabbage and Apples.

Red cabbage 1 head. Brown sugar 1 cup.
Juice of 2 lemons. Butter 3 tablespoons.
Apple (cooking) 4.

Grate the cabbage. Add the apples cut up, lemon juice, sugar and butter. Cook or steam until soft.

MRS. M. GREGORY.

Sauerkraut.

Pork shoulder (lean) 2 $\frac{1}{2}$ pounds. Sauerkraut 1 quart.
Apple (cooking) 1. Potato (raw, large) 1.

Wash the meat. Place in a kettle with enough cold water to cover. Add the apple sliced thin, $\frac{1}{2}$ teaspoon of salt. Simmer gently for an hour, then add the sauerkraut and boil gently until meat is tender enough for the bone to slip out easily. Remove the meat to a hot platter. Stir into the boiling kraut the raw potato, peeled and grated, and boil 5 minutes more.

MRS. CHARLES H. LORENZ.

Sauerkraut Stuffed.

Sauerkraut 1 quart. Flour 1 tablespoon.
Meat (cooked, cold) 1 $\frac{1}{2}$ pound. Water 1 pint.
Butter $\frac{1}{2}$ tablespoon. Eggs (minced fine) 2.
Parsley (minced) 1. Onion (small, chopped) 2.
teaspoon. Nutmeg 1 teaspoon.

Cook the sauerkraut until nearly tender. Make meat balls of the remaining ingredients. Wrap each meat ball in a cabbage leaf and tie. Place them in kettle with sauerkraut, having them well covered with the kraut. Boil 20 minutes and serve.

M. KAVANAGH.

Seven Minute Cabbage.

Cabbage 1 medium-sized head. Salt 2 tablespoons.
Milk 1 pint. Butter 1 tablespoon.
Flour 1 tablespoon. Salt and pepper to taste.

Cut the cabbage in half, soak in cold water about 10 minutes. Drain and remove hard center. Slice on cabbage cutter or with knife a little coarser than for cole slaw. Add 2 quarts boiling water with 2 tablespoons salt to the cabbage and boil 7 minutes. Drain in colander. Make a white sauce of the remaining ingredients and add to the cabbage.

MRS. E. O'SHAUGHNESSY.

Stuffed Cabbage Leaves.

Round steak 1 pound.
Salted crackers 1 pound.
Onion (small) 1.
Nutmeg, salt, pepper.
Eggs 5.
Celery 1 stalk.
Spinach 1 pound.
Butter $\frac{1}{4}$ pound.
Parmesan cheese (grated) 1 cup.
Cabbage 1 medium head.

Make a soup of the meat and celery. Crumble the crackers and moisten with a little soup. Fry the chopped spinach and the onion in butter, season with nutmeg, salt, pepper and cheese. Add the eggs, and mix well with crackers. Steam the cabbage. Separate the leaves and fill with the above mixture for individual servings. Tie leaf carefully and cook in the soup until leaves are tender.

MILDRED TOLMAN.

Cabbage Sublime.

Cabbage 2 pound head.
Flour 4 tablespoons.
Salt $\frac{1}{2}$ teaspoon.
Nutmeg 3 gratings.
Butter 2 tablespoons.
Whole milk 3 cups.
Sugar $\frac{1}{2}$ teaspoon.

Boil the cabbage about 20 minutes in salted water. It should be coarsely shredded and when cooked should retain its fresh green and white color and be slightly crisp. Melt the butter, add the flour and blend, then add the milk gradually. Cook in double boiler until smooth. Then season with remaining ingredients. Arrange cabbage in a bowl and pour the sauce over. (A tablespoon of fresh butter should be added to the sauce just before it is added to the cabbage.)

JOHANNA ANDERSON.

Creamed Carrots.

Carrots (ground) 2 cups.
Cracker crumbs 1 cup.
Butter $\frac{1}{2}$ tablespoon.
Salt $\frac{1}{4}$ teaspoon.
Milk (rich) $1\frac{1}{2}$ cups.

Wash and scrape carrots. Put through coarse plate of food grinder. Measure after grinding. Add salt and just enough water to keep carrots from scorching. Cook over a low flame for 45 minutes. Drain off water. Add butter and milk, let come to the boiling point. Add crackers which have been rolled. Let it soak, then stir well and serve, sprinkled with paprika.

MRS. S. UNDERWOOD.

Carrot Casserole.

Carrots 4.
Potatoes (good sized) 2.
Tomatoes 2.
Celery 10 stalks.
Peas $\frac{1}{4}$ pound.
Lima beans (in shell) $\frac{1}{4}$ pound.
Green beans $\frac{1}{4}$ pound.
Butter $\frac{1}{4}$ pound.
Turnip 1.

Dice the carrots, potatoes, celery,

beans and turnip. Mix with shelled peas and limas, put a layer in the bottom of large well-buttered casserole. Peel the tomatoes, add a layer of them, sprinkle with salt and pepper. Repeat until all vegetables are used. Dot generously with butter, pour over all $\frac{1}{2}$ cup boiling water. Cover and bake at 350 degrees for 2 hours.

MRS. THOMAS H. MULLEN JR.

Carrot Cutlets.

Carrots (boiled and mashed) 1 cup.
Mushrooms (chopped fine) 1 cup.
Onion (minced) 1 tablespoon.
Celery salt 1 tablespoon.
Rice (boiled, cold) 2 cups.
Egg (beaten) 1.
Red pepper (chopped fine) 1 tablespoon.
Salt and paprika to taste.

Cook the carrots until tender, then cool. Mix all the ingredients together well and form into balls, flattening them in the shape of cutlets. Roll them in crumbs, in egg and again in crumbs. Saute or deep fry them in drippings. Place a cube of jelly on each cutlet and garnish the dish with parsley.

MISS MARY CIMBALISTA.

Escaloped Carrots.

Carrots (sliced) 2 cups.
Liquid in which carrots were cooked 1 cup.
Sugar 1 teaspoon.
Salt $\frac{1}{2}$ teaspoon.
Butter 2 teaspoons.
Dash of nutmeg.
Onion (small, minced) $\frac{1}{2}$ cup.
Flour 2 tablespoons.
Celery (minced) 1 tablespoon.
Pepper $\frac{1}{4}$ teaspoon.
Evaporated milk 1 cup.
Bread crumbs (fine).
Dash of nutmeg.

Cover the carrots with boiling water and add parsley, sugar and salt. Cook until carrots are tender. Drain, reserving liquid. Melt butter, add onion and cook 5 minutes. Stir in the flour and remaining seasonings. Add milk and carrot liquid, stirring until mixture is smooth and thick. Place half the carrots in buttered baking dish, cover with part of the sauce, add remaining carrots, pour over rest of sauce. Cover the top with crumbs, and dot with bits of butter. Bake until crumbs are brown.

MRS. HENRY E. GRIESER.

Escaloped Carrots.

Carrots $1\frac{1}{2}$ pounds.
Celery (chopped) 2 tablespoons.
Salt 1 teaspoon.
Milk (canned) 1 cup.
Onion (chopped) 2 tablespoons.
Green pepper (chopped) 2 tablespoons.
Egg 1.
Pepper $\frac{1}{4}$ teaspoon.
Cracker crumbs $\frac{1}{2}$ cup.

Cook carrots until tender. Mash or run through potato ricer. Add onion,

celery, green pepper and seasoning, add $\frac{1}{2}$ cup milk and mix well. Put into baking dish, sprinkle with cracker crumbs, add remaining milk and dot with a tablespoon of butter. Then garnish on top with ringlets of green pepper and thin slices of onion. Bake in moderate oven 45 minutes.

MRS. A. OEFSTEDAL.

Glazed Carrots.

Carrots 3 bunches. Mint leaves 1 table-
Sugar 1 cup. spoon.
Butter $\frac{1}{2}$ cup.

Parboil carrots in salted water. Prepare sauce of sugar, butter and mint leaves and boil the carrots in this till glazed. MISS SARA HANNON.

Carrot Pudding.

Carrot (grated) 1 Potato (grated) 1 cup.
cup. Soda (sifted with
Sugar 1 cup. flour) 1 teaspoon.
Flour $\frac{1}{2}$ cups. Lemon rind (grated) 2
Salt $\frac{1}{2}$ teaspoon. tablespoons.
Suet 1 cup.

Grate carrots (raw) and raw potato, and put suet through fine meat chopper. Mix carrots, potatoes, sugar, suet, flour and soda, salt and lemon rind. Steam 2 hours. Serve with sauce flavored with vanilla.

MRS. F. M. SILLS.

Carrot Ring.

Carrots (medium sized) 12. Eggs 3.
Salt 1 teaspoon. Butter 2 tablespoons.
Pinch of pepper. Flour 4 tablespoons.
Milk 2 cups.

Boil the carrots and when tender cool and chop. Make a cream sauce with the butter, flour, salt, pepper and milk and mix with carrots. When cold add the egg yolks and fold in the beaten whites. Put in a ring mold, set in a pan of water and bake in a moderate oven an hour, and serve immediately.

MRS. JOSEPH F. STEFFENS.

Cauliflower.

Cauliflower (firm) 1 Butter 2 tablespoons.
head. Salt and paprika.
Flour 3 tablespoons. Eggs 3.
Milk 1 cup.

Cook the cauliflower for ten minutes in salted water. Then cut it fine. Make a white sauce of flour, milk and seasoning. When thick add one tablespoon chopped pimento or sweet pepper. Beat the egg yolks and add to white sauce while warm. When

slightly cool add beaten whites and pour in buttered baking dish and bake about 25 minutes.

MRS. J. E. HATFIELD.

Shoestring Carrots.

Carrots 2 bunches. Sugar 1 teaspoon.
Bacon 3 strips. Flour 2 teaspoons.
Onion (small) 1. Water (hot) 1 cup.
Salt and pepper. Bay leaves (small) 2.

Scrape carrots and cut into very narrow strips, wash and drain. Place bacon in frying pan and fry until partly done, then add carrots, onion cut fine, bay leaves, salt and pepper. Pour hot water over all and cover. Cook until carrots are tender. Stir frequently to avoid burning and if necessary add more water. Before removing from fire add sugar and sprinkle over with dry flour.

MRS. ANNA KLOS.

Cauliflower with Hollandaise Sauce.

Cauliflower 1 large head. Salt 1 teaspoon.
Butter 2 table- Flour 1 teaspoon.
spoons. Cauliflower liquid 1
cup.
Pinch of pepper. Egg yolk (beaten) 1.
Juice of $\frac{1}{2}$ lemon.

Wash the cauliflower thoroughly, cut off the green leaves beneath the head but leave enough of the stalk attached so that it will not break in pieces; put the whole head carefully into hot water and boil until tender, about 20 minutes. Just before the cauliflower is done add salt to the water and let boil a few minutes. Melt the butter, stir the flour and pepper in, then slowly add a cup of the water in which the cauliflower was cooked, the lemon juice, and boil until slightly thick, stirring constantly. Remove from the fire, let it stand a few seconds, then pour over the egg yolk, stirring all the time. Place the cauliflower whole and upright on dish, pour the sauce over.

MRS. WALTER FLANDORF.

Baked Cauliflower.

Cauliflower (large). Cheese (grated).
Red sweet pepper Milk (warm).
(chopped fine) 1. Cracker crumbs.
Eggs (well beaten) Salt to taste.
2. Parsley (finely cut).

Boil the cauliflower about 10 minutes, take from the fire, remove the branches and place the pieces in a buttered casserole dish in alternate layers with rolled cracker crumbs,

grated cheese, salt, the pepper and parsley. Cover all with beaten eggs and warm milk. Bake in slow oven 45 minutes, then increase heat to brown.

MRS. JENNIE LARKIN.

Cauliflower Centerpiece.

Cauliflower (regu- lar) 1.	Green beans.
Onions (boiled).	Carrots (halved).
Green peas.	Beets (boiled).

Trim out the green leaves of cauliflower to resemble rose petals. Wash very carefully and place in a thin cheesecloth bag; cook in salted water until tender. Place the cauliflower in center of platter and surround with green beans, then a row of boiled onions, then carrots about 3 inches long cut in halves, and arrange around the edge of platter in V shape. Fill the bottom of the V with green peas, and in every opening at the top of the V put a small boiled beet, cut rose shape to resemble flowers.

MRS. ROSE ROWE.

Creamed Cauliflower with Ham.

Cauliflower 1 head.	White sauce 2 cups.
Eggs (well beaten) 3.	Ham (cooked, finely cut) $\frac{3}{4}$ cup.
Sprinkle of parsley.	

Trim cauliflower and boil in salted water until tender. Rub through sieve. Add eggs, 1 cup of white sauce and pour mixture in buttered mold. Bake until firm. Turn out on hot plate, cover with remainder of sauce and sprinkle with ham and parsley. Season to taste.

MRS. HENRIETTA SWANSON.

Crowned Cauliflower.

Cauliflower 1 head.	Butter (melted) or cream sauce.
Toast (buttered tri- angles).	Parsley.

Cook quickly, uncovered, in boiling salted water, a head of cauliflower until tender. Serve on platter with melted butter or cream sauce poured over the whole head. Garnish with toast triangles and parsley. Sprinkle with paprika.

MRS. E. M. JESSUP.

Cauliflower Cubes.

Cauliflower (white midribs).	Cream sauce or cheese sauce.
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Save the white midribs of inner levels surrounding cauliflower heads.

Trim off the thin green edges and dice the midribs. Cook closely covered until very tender, adding salt the last part of the time. Drain and serve with cream or cheese sauce with cheese grated over the top and browned in a hot oven. Or: Melt 3 tablespoons butter and add 2 tablespoons flour, blend. Then add 1 cup hot water, stirring rapidly, and cook until thick. Add $1\frac{1}{2}$ tablespoons lemon juice, 1 teaspoon salt, 1 well-beaten egg, dash of cayenne, stir, cook again until thick and pour over cubes; serve at once.

MRS. JOHN HICKEY.

Cauliflower de Luxe.

Cauliflower (large).	Butter 2 tablespoons.
Egg (hard cooked, chopped fine) 1.	Mushrooms (finely chopped) 1 table- spoon.
Parsley (chopped fine) 1 tablespoon.	Juice of 1 lemon.

Remove leaves and core from cauliflower. Put flower in boiling water and boil 20 minutes. Salt to taste just before removing. Drain. Melt the butter, add egg, mushrooms and parsley. Let simmer about 3 minutes, then add lemon juice and pour all over cauliflower and serve at once.

MRS. HELENE HENREKS.

Fried Cauliflower.

Cauliflower 1 head.	Egg (beaten) 1.
Cracker crumbs (rolled).	Butter.

Wash cauliflower carefully, break into flowers and cook until tender in boiling salted water. Dip the cauliflower in beaten egg, then roll in cracker crumbs. Brown in butter and serve hot.

MRS. E. C. HECKENDORF.

Cauliflower au Gratin.

Milk $1\frac{1}{2}$ cups.	Dash of pepper.
Flour $1\frac{1}{2}$ table- spoons.	Butter $1\frac{1}{2}$ table- spoons.
American cheese (grated) 1 cup.	Salt $\frac{1}{2}$ teaspoon.
	Cauliflower (large) 1.

Select a firm white cauliflower, remove outer leaves, let stand head down in cold water 30 minutes, then boil in salted water 20 minutes. Drain and place in buttered baking dish. Sprinkle with the cheese. Make a cream sauce with the milk, butter, flour and seasonings. Pour it over the cauliflower. Bake until the cheese melts.

MRS. ALBERT JANKOS.

Cauliflower Mornay.

Cauliflower (medium size) 1.	Butter 1 tablespoon.
Salt ¼ teaspoon.	Flour 1 tablespoon.
Cream (scalded) 1 cup.	Few grains pepper.
Gruyere cheese ¼ cup.	Parmesan cheese (grated) ¼ cup.
	Sweet butter ¼ pound.

Melt the butter, blend in flour, salt and pepper, gradually add the scalded cream and stir until perfectly smooth. Boil 2 or 3 minutes. Start adding small amounts of the cheese, alternating with bits of butter, beating with beater. When all is added, add salt and cayenne pepper. Soak a medium-sized head of cauliflower in cold water 30 minutes. Blanch by plunging whole head into boiling water, then cold. Return to boiling water and cook gently until just tender. Arrange in casserole, cover with cheese sauce, and brown under low broiler flame. MISS FAIRIE L. TEFFT.

Cauliflower with Mushroom Sauce.

Cauliflower 1 head.	Butter 3 tablespoons.
Onion (minced) 1 tablespoon.	Flour 3 tablespoons.
Salt ½ teaspoon.	Milk 1 cup.
Mushrooms 1 No. 2 can.	Cracker crumbs (buttered.)

Break the cauliflower into flowers and cook until tender. Fry onion in butter until tender. Add flour, milk and mushroom liquor, and cook until thickened. Add mushrooms halved and quartered. Pour sauce over cauliflower and sprinkle with cracker crumbs. Bake 30 minutes.

MRS. C. H. OVERLY.

Cauliflower Snow.

Butter 2 table- spoons.	Salt and paprika to taste.
Toast (buttered) 5 rounds.	Cauliflower 2 large heads.
Parsley sprigs.	Eggs (poached) 5.

Boil cauliflower in salted water until tender, drain and set near fire to dry. Remove green parts and press flower through potato ricer on hot dish. Pour over melted butter and surround the dish with poached eggs each laid on a round piece of toast. Sprinkle each egg with a pinch of salt and a little paprika. Garnish with sprigs of parsley, serve very hot.

MRS. J. E. STANICEK.

Celery Root and Carrots.

Celery root (medium sized) 2.	White sauce.
	Carrots 1 bunch.

Pare the celery root, cut in thin

slices about an inch square. Scrape and slice the carrots. Boil carrots until tender in salted water. When about 15 minutes from tender add celery root. (For firm vegetables cook carrots 15 minutes, celery root 10). Serve with white sauce.

MRS. TRUMAN SQUIRE POTTER.

Creamed Celery and Almonds.

Almonds (blanched and chopped) ½ cup.	Celery 2½ cups.	White sauce.
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Drop the celery, cut into inch lengths, into boiling water, cook until tender. Stir the almonds into the white sauce, then add the drained celery and serve hot.

MRS. HARRY LEVY.

Escaloped Celery.

Celery (finely cut) 4 cups.	Salt and pepper.
Green pepper (small, cut fine) 1.	American cheese (grated) 1 cup.
Butter or substitute ¼ cup.	Milk ½ cup.
	Bread crumbs (dry).

Cut the celery small, clean and blanch it for 5 minutes. Put a layer of crumbs, then layer of celery dotted with butter and green pepper, pinch of salt and pepper, alternate celery and crumbs and on top a layer of crumbs and then grated cheese. Pour milk over all. Bake in slow oven until celery is tender, about 30 minutes.

MRS. C. M. LYON.

Fried Celery Patties.

Celery (finely cut, boiled) 1 cup.	Butter (melted) 1 tablespoon.
Cheese (grated) 2 tablespoons.	Bread crumbs 1 cup.
Salt ¼ teaspoon.	Eggs (well beaten) 2.

Add all the ingredients to beaten eggs. Drop by spoonfuls into hot fat. Fry until lightly browned on both sides, about 8 minutes.

MRS. MARGARET PEARCE.

Celery Hawaiian.

Celery 10 stalks.	Salt ½ teaspoon.
Cream cheese 1 package.	Crushed pineapple (canned) 4 cups.
Deviled ham 1 small can.	Nuts (finely chopped) ½ cup.

Crisp celery stalks in the refrigerator. Blend together pineapple, nuts, cream cheese and ham. Use enough mayonnaise to soften. Season with salt and stuff celery stalks with the mixture.

GEORGE ARMBRUSTER.

Stuffed Celery Roots.

Celery roots (large) 4. Chopped meat (beef) 1 pound.
Onion (large) 1. Bread 2 slices.
Milk 1 cup. Egg 1.

Peel celery roots, cut off an inch slice from each root for cover, about $\frac{1}{4}$ inch thick; hollow out the roots until the shells are about $\frac{1}{2}$ inch thick. Mix meat with a cup of milk, bread, $\frac{1}{4}$ onion, an egg, pepper and salt to taste; put filling in celery roots, put slice that was previously cut off on top of celery again as cover, tie together with string and put roots with filling in stewing pan and brown all around in butter or bacon drippings; put in some of the left-over celery root and remainder of onion chopped and cover celery about half-way with water. Let it simmer about $1\frac{1}{2}$ hours on slow fire.

MRS. ERNA WENCKE.

Celery and Tomato Loaf.

Celery (finely sliced) 1 cup. Walnut meats (chopped) 1 cup.
Tomato pulp 1 cup. Rice (boiled) 2 cups.
Eggs (well beaten) 3. Dash of poultry seasoning.
Salt 1 teaspoon.
Onion (minced).

Mix the above together well, put in a buttered loaf pan, set in hot water and bake in slow oven for an hour. Turn on a platter and serve with a mushroom sauce.

MRS. ALMA VAN HEINEN.

Corn Custard.

Fat 2 tablespoons. Onion (small) 1.
Celery 1 stalk. Pimento (cut in strips) 1 can.
Corn 1 can. Milk 1 pint.
Eggs (beaten) 3. Salt and pepper to taste.
Green pepper 2 tablespoons.

Melt the fat, add the diced green peppers, the celery and onion chopped fine. Cook slowly for 5 minutes, add the corn, pimento cut in strips, salt and pepper, eggs and milk. Mix well. Pour into well-greased dish set in pan of hot water. Bake in slow oven 45 minutes. Serve with slices of grilled tomatoes.

MRS. H. BARTH.

Corn and Spaghetti Custard.

Spaghetti 2 cups. Eggs 2.
Corn 1 can. Milk 3 cups.
Green pepper 1. Salt 1 teaspoon.
Flour 1 tablespoon. Onion 1.
Pepper $\frac{1}{2}$ teaspoon.

Break spaghetti in small pieces. Boil in salt water until tender and drain. Add corn, green pepper and onion cut

in small pieces, salt and pepper. Beat eggs, add milk and flour, put all together, mix well and bake in ring mold for 30 minutes. When done turn out on large round dish, fill center with buttered carrots diced and creamed peas around the outside.

MRS. OTTO KOY.

Escalloped Corn.

Corn 2 cups. Sugar 1 tablespoon.
Milk 2 cups. Eggs 2.
Cornstarch 1 tablespoon. Onion (small, minced) 1.
Paprika $\frac{1}{4}$ teaspoon. Salt 2 teaspoons.
Bread crumbs (fine, buttered) $\frac{1}{2}$ cup. Mustard $\frac{1}{4}$ teaspoon.
Butter 2 tablespoons.

Cook pepper and onion in butter 5 minutes. Mix cornstarch and dry seasonings and blend with milk. Pour gradually over onion and pepper and cook, stirring constantly until well blended. Remove from fire and add corn and beaten eggs, mixing thoroughly. Turn into buttered baking dish, cover with buttered crumbs; bake in moderate oven, 350 degrees, about 40 minutes, or until crumbs are well browned. MRS. J. N. STEPHENS.

Corn and Nuts.

Hominy grits $\frac{1}{2}$ cup. English walnuts (finely chopped) 1 cup.

Sift hominy grits slowly into a pint of boiling water. Let simmer for an hour, then add the nuts, turn into baking powder cans and set away to cool. When firm turn out, cut into half-inch slices, dredge lightly with flour and fry until crisp and brown.

INGEBORG WINTER.

Corn Oysters.

Corn 1 can. Sugar 1 tablespoon.
Cracker crumbs 2 cups.
(rolled) 1 cup. Eggs 2.
Salt 1 teaspoon. Celery (minced fine) 1 stalk.

Mix the above well, shape into small balls, dip in cracker crumbs and beaten eggs and fry in bacon fat until a golden brown. Watch carefully. Place on hot platter and garnish with few sprigs of celery tips.

MRS. GEORGE A. REED.

Corn Pudding.

Salt $\frac{1}{2}$ teaspoon. Eggs 2.
Sugar $\frac{1}{2}$ teaspoon. Butter $\frac{1}{4}$ cup.
Black pepper and Sweet cream $\frac{1}{2}$ cup.
paprika. Mushrooms (chopped) 1 cup.
Corn 1 small can.

Beat eggs very light, add salt, sugar, butter, pepper and a little paprika,

chopped mushrooms. Blend together, add corn and pour in buttered baking dish, cover with buttered crumbs and bake about 25 minutes in moderate oven until browned. Set in a pan of water to cook. MRS. U. G. SNYDER.

Corn Ring.

Corn 1 can. Eggs 4.
Cream 1 cup. Salt and pepper.

Press corn through sieve. Add cream, eggs slightly beaten and season well. Pour into buttered ring mold and bake until firm. Set in pan of water in 325-degree oven. Turn out on platter and serve surrounded with broiled tomatoes made by dipping ½-inch slices of tomatoes in seasoned flour and broiling until browned in buttered pan. ELEANOR HARDIE.

Corn Scramble.

Corn (cooked) 3 or 4 ears. Eggs 2.
Green pepper 1. Celery (diced) 3 or 4 stalks.
Onion (small, diced) 1. Salt and pepper to taste.
Milk (rich) ½ cup.

Cut the corn from the cob. Fry the onion slowly in a bit of bacon drippings or butter for 5 minutes. Celery and green pepper should be boiled about 15 minutes or until tender. Put celery, pepper and corn into frying pan with onion for 5 minutes. Beat up eggs, season and add milk. Pour egg into frying pan and stir until egg is well cooked, 3 or 4 minutes.

MRS. LOUISE S. MILBURN.

Corn and Spaghetti Cakes.

Spaghetti and cheese (baked, cold) 1 cup. Corn (canned) ¾ cup.
Egg (well beaten) 1. Salt to taste.

Use spaghetti baked with white sauce, grated Parmesan cheese and top dotted with cubes of salt pork. Mix all well. Spoon like pancakes on warm griddle, cook at moderate temperature until brown. Turn and brown on other side. MRS. T. W. BARKER.

Corn Waffles.

Flour 2 cups. Milk 1 cup.
Baking powder 2 Sugar 4 tablespoons.
Salt 1 teaspoon. Eggs 2.
Golden bantam corn Butter (melted) 4 tablespoons.
(canned) 2 cups.

Sift dry ingredients together, add

to beaten eggs, milk and corn which have been mixed together. Add melted butter and fry on hot waffle iron. MRS. HARRIET HETH.

Stuffed Baked Cucumbers.

Cucumbers (large, yellow, ripe) 3. Chicken (cooked) or lamb (minced) 2 cups.
Sweet red pepper ½. Onion (small, minced) 1.
Lamb or chicken stock.

Pare the cucumbers, cut in halves lengthwise, scoop out the seeds and soak in salted water an hour. Mix the chopped meat, pepper and onion, season well with celery salt, salt and pepper, moisten with stock. Drain the cucumbers, fill the cavities with meat, place halves together and set in baking pan. Pour around and over ½ pint sweet cream and bake in medium hot oven until cucumbers are transparent and tender.

MRS. MYRA B. ROALF.

Creamed Cucumber.

Cucumbers 3. Butter 4 tablespoons.
Flour 3 tablespoons. Cream (thin) 1 cup.
Milk ¾ cup. Salt 1¼ teaspoons.
Pepper ½ teaspoon. Dash of mace.

Pare cucumbers and cut them in half lengthwise. Scrape out seeds and slice thin. Melt 2 tablespoons of butter, add cucumber and fry a few minutes, stirring often. Then melt remaining butter, add the flour and when smooth add cream and milk while stirring, then salt and pepper, heat thoroughly, add cucumber and a dash of mace. Serve hot over toast garnished with parsley.

MRS. A. DARLINGTON.

Fried Cucumbers.

Cucumbers (large) 2. Egg 1.
Flour 1 teaspoon. Salt ½ teaspoon.
Bread or cracker crumbs ½ cup. Fat for frying.

Slice cucumbers lengthwise, ¼ inch thick. Sprinkle each piece with salt and lay on a dish while making the batter. Mix the flour and egg and remaining salt to a smooth paste. Dip the sliced cucumbers in this and then into crumbs. Have the fat, heated, to at least half submerge the cucumbers. Fry very brown and serve on a platter garnished with a few curls of bacon, strips of green

pepper and diced tomato. If the egg and flour do not appear to be enough for all the slices, add a little milk.

MRS. MARTIN B. HEDEMAN.

Eggplant.

Eggplant (large) 1. Bacon drippings.
Graham cracker Egg 1.
crumbs (rolled fine) Seasonings to taste.
½ cup.

Slice eggplant in ¾-inch slices, peel and soak in cold salt water under a weight for at least 1½ hours. Drain, wipe dry, dip in beaten egg and crumbs. Brown slightly in hot fat. Season. Set in moderate oven, 300 degrees, covered for 15 minutes. Remove cover to crisp crumbs and serve as soon as possible.

MRS. G. E. CARLL.

Deviled Eggplant.

Eggplant 1. Bacon 3 slices.
Green pepper (finely chopped) 1. Onion (small) 1.
Celery (chopped fine) 1. Tomato pulp 1 small
1 small stalk can.
Egg (beaten) 1. Bread crumbs ½ cup.

Boil the eggplant whole until tender, cool, peel and chop fine. Render and chop the bacon fine, add the pepper, onion and celery chopped fine, add the tomato pulp and chopped eggplant and mix well. Add beaten eggs and bread crumbs. Put all in baking dish, sprinkle buttered bread crumbs over the top, bake about 20 minutes in a moderate oven or until golden brown.

MRS. F. DE ANGUERA.

Fried Eggplant.

Eggplants (medium sized) 2. Eggs (slightly beaten) 2.
Milk or water 2 or 3 Cracker crumbs and
tablespoons. flour.

Peel and dice the eggplant in ½-inch cubes. Mix the eggs and water or milk and coat the eggplant with egg mixture and then cracker crumbs. Fry in deep fat 10 minutes until brown and crisp. Salt just before serving.

MRS. FLORENCE E. NUTT.

Eggplant Sicilienne.

Eggplant 1. Spaghetti ½ pound.
American cheese ½ Tomatoes (stewed) 2
pound. cups.
Butter or substitute 1 tablespoon.
5 tablespoons. Sugar 1 teaspoon.
Salt 1 teaspoon. Baking soda ¼ tea-
Pepper ¼ teaspoon. spoon.
Bread crumbs (but- Milk 1 cup.
tered) 1 cup.

Cook spaghetti in boiling salted

water till tender. Drain and blanch. Slice and pare eggplant and fry in 4 tablespoons butter. Blend remaining butter with flour, cook until smooth and add milk; cook till thick and creamy. Add soda to tomatoes, combine with cream sauce. Add sugar, salt and pepper. Arrange spaghetti and eggplant in alternate layers in greased pan, covering each layer with sauce and grated cheese. Cover top with crumbs and bake until brown in moderate oven.

MRS. K. SKOBIS.

Eggplant and Shrimp.

Eggplant (large) 1. Pepper ½ teaspoon.
Shrimp 1 small can. Parsley (chopped) 1
Bread 3 slices. tablespoon.
Tomatoes (canned) Bacon drippings 2
1 cup. tablespoons.
Salt ½ teaspoon. Onion (chopped) 1
Egg 1. tablespoon.

Peel and cut the eggplant in large pieces, put in water to cover and parboil until tender. Pour it into a colander and set aside to drain. Put the fat to heat, then add onion and parsley and cook until onion is light brown. Add tomatoes and cook slowly to thick paste. Moisten the bread with water, squeeze lightly and break in small pieces and add to paste. Put the eggplant in, then the egg, stir and mix well. Add the seasonings and the shrimp, place mixture in well-greased baking dish, cover the top with 2 tablespoons bread crumbs. Place in 375-degree oven for 20 minutes.

EMMA LONDON.

Stuffed Eggplant and Pineapple.

Eggplants 2. Butter 4 tablespoons.
Bread crumbs 2 Nutmeg ½ teaspoon.
cups. Eggs (beaten) 2.
Pineapple (crushed, Milk.
drained) 1½ cups. Salt and pepper.

Soak eggplant in cold salted water one hour. Parboil 20 minutes. Scoop out pulp, keeping away from rind. Drain and dry through a sieve. Mix pulp with bread crumbs, pineapple, butter, nutmeg, egg and just enough milk to make it of proper stuffing consistency. Season with salt and pepper. Stuff shells with mixture. Cover top with buttered bread crumbs and bake 20 minutes in moderate oven.

MRS. H. ATCHLEY.

Stuffed Eggplant.

Eggplant (medium size) 1.
 Milk 1 cup.
 Green pepper (small, minced) 1.
 Bread crumbs (fine, buttered) 1 cup.
 Salt 1 teaspoon.

Nuts or meat (ground) 1 cup.
 Butter 2 tablespoons.
 Onion (small, minced) 1.
 Egg (beaten) 1.
 Black pepper $\frac{1}{4}$ teaspoon.

Wash eggplant, boil 15 minutes in salted water to cover. Cut in half lengthwise and scoop out the center, leaving shell $\frac{1}{2}$ inch thick. Chop the onion and green pepper and fry in butter 5 minutes, then add milk, salt and pepper. When mixture boils stir in the chopped pulp and meat or nuts. Cool slightly, then add beaten egg. Place the shells in buttered baking dish, fill with the mixture and cover with the buttered crumbs. Pour 3 tablespoons hot water around the shells and bake in a moderate oven, 350 degrees, 35 minutes until crumbs are golden brown.

MISS CECIL GREY.

Endives.

Endives.
 Butter 1 tablespoon.
 Egg yolks (hard cooked) 2.

Flour 1 tablespoon.
 Lemon juice and nutmeg.
 Stock.

Parboil the yellow leaves, drain and rinse with cold water. Cook in stock until tender. Cook the butter and flour together, add to endives with lemon juice and nutmeg. Rub the egg yolks through a sieve and mix.

MRS. ED NEWMAYER.

Creamed Kohlrabi.

Kohlrabi.
 Flour 1 tablespoon.
 Vegetable stock.

Butter 1 tablespoon.
 Milk 1 cup.
 Seasoning.

Peel and cut kohlrabi into desired size. Boil until tender in salted water. Drain. Blend the butter and flour, add milk and cook till thick. Dissolve to the proper consistency with vegetable stock.

MRS. SOPHIE B. POSVIC.

Filled Kohlrabi.

Kohlrabi (uniformly sized) 3 bunches.
 Egg (beaten) 1.
 Onion (small, chopped) 1.
 Bread crumbs $\frac{1}{2}$ cup.

Pork or veal (left over, chopped) 1 cup.
 Salt, pepper and parsley to season.

Peel and cook the kohlrabi in salted water until half cooked. Cut out the center, then stuff with the remaining ingredients. Place filled kohlrabi in a casserole, dot with butter and add a cup of water. Bake in a slow oven until tender.

MRS. MOIKA C. BAUER

Kohlrabi Pancakes.

Kohlrabi 1 bunch of 5 or 6.
 Pepper to taste.

Fat 1 tablespoon.
 Egg (well beaten) 1.
 Cracker crumbs 1 cup.

Pare the kohlrabi, cut it up in pieces. Add salt, a little water and steam in tightly covered pot until tender. Throw away water that remains and mash kohlrabi through a strainer. Add egg, a little pepper, cracker crumbs and mix well. Heat frying pan with butter or other fat, drop mixture from spoon as for any other pancakes. Let brown well and turn over. Serve with roast meat and gravy.

MRS. F. BLOCK.

Curried Lentils.

Lentils $1\frac{1}{2}$ pounds.
 Lemon juice 2 teaspoons.
 Curry powder $1\frac{1}{2}$ teaspoons.

Onions 2.
 Butter 3 tablespoons.
 Parsley 1 tablespoon.
 Salt $\frac{1}{2}$ teaspoon.
 Bacon 2 slices.

Wash lentils, cover with water and let soak overnight. Boil for an hour in water in which they have soaked. Melt butter, add the curry powder and onions sliced; fry until golden brown. Put lentils, salt, parsley and lemon juice in a baking dish, lay bacon on top and bake for an hour in moderate oven.

MRS. ANNABEL JOHNSON.

Lentil Cutlets.

Green beans 1 can.
 Juice of half a lemon.
 Egg (beaten) 1.
 Flour $1\frac{1}{2}$ teaspoons.
 Sweet milk $\frac{1}{3}$ cup.

Bread crumbs (stale) 1 cup.
 Seasoning.
 Butter $1\frac{1}{2}$ teaspoons.

Drain the beans and rub through a coarse sieve. Add the crumbs, egg, lemon juice and season to taste. Mix well. Melt the butter, stir in the flour and cook a minute. Add milk gradually and cook for 2 minutes. Let cool, then add to lentil mixture. Form in cutlets, dip in beaten egg, then in powdered cracker crumbs and fry 10 minutes or until a golden brown.

MRS. OPAL HURT.

Lettuce Head Stuffed.

Lettuce (large, firm) 1 head.
 Carrots (young, diced) $1\frac{1}{2}$ cups.
 Carrots (cooked, diced) 1 cup.

Butter, sugar, salt and pepper.
 Green peas $1\frac{1}{2}$ cups.
 Potatoes (new, medium sized) 12.
 Cream sauce.

Remove the inside leaves of lettuce head, fill with the carrots and peas, season these, tie the leaves together with a tape, put in a colander, cover

closely and steam 45 minutes. Peel and steam the potatoes, make a medium white sauce with 2 tablespoons of butter, 2 tablespoons flour, 2 cups milk, pepper and salt. When all are tender, put lettuce in center of platter, surround with potatoes and cover all with cream sauce, then surround with sliced carrots.

MRS. MAUDE OBLANDER.

Mushrooms and Lima Beans.

Mushroom 2 cups. Butter 3 tablespoons.
Lima beans (cooked) 1 cup. Onion 1.
2 cups. Salt and pepper.

Saute the mushrooms in butter; add onion cut fine and cook until yellow. Then add cooked lima beans.

MISS ELLA HOFFMAN.

Mushrooms with Macaroni Loaf.

Macaroni (cooked) ¾ cup. American cheese (grated) 1 cup.
Bread crumbs (soft) 1 cup. Onion (grated) 1 tablespoon.
Pimentos (cut fine) 1 cup. Milk (scalded) 1 cup.
1½. Pepper and salt.
Eggs (beaten) 3. Mushrooms (fresh) 1 pound.
Butter 1 tablespoon. Kitchen bouquet 1
Butter (melted) 2 tablespoons. teaspoon.

Mix macaroni, cheese, bread crumbs, onion and pimento together and add the scalded milk with a tablespoon of butter melted in milk, then add the eggs, season to taste with pepper and salt. Bake 30 minutes in moderate oven in pan of hot water. Saute the mushrooms in melted butter with salt and pepper, and 1 teaspoon of kitchen bouquet. Add ½ cup water and simmer a few minutes. Thicken with flour to consistency of thick cream.

MINA R. BOWERS.

Mushroom Patties.

Mushrooms ½ pound. Butter 1 ounce.
Lemon juice 1 tea- White sauce 2 table-
spoon. spoons.
Salt and pepper. Patty shells 6.

Peel the mushrooms, remove stalks. Soak in salt water a few minutes. Drain and chop finely. Melt the butter, add mushrooms and lemon juice; season. Cover and simmer gently 10 minutes, then add white sauce and cook another 5 minutes. Have patty shells warmed, fill with mushroom mixture, put on pastry lids and serve at once.

MRS. SARAH SAMUELS.

Mushrooms, Rissolen German Dish.

Flour 1 pound. Egg 1.
Cream 1 tablespoon. Mushrooms (chopped) 1 cup.
Parsley (chopped) 1 cup. Lemon juice 1 tea-
½ cup. spoon.
Pinch of salt. Flour 1 tablespoon.
Egg yolk 1. Tomato sauce.
Butter 1 tablespoon.
Butter ½ pound.

Make a dough of the flour, butter, cream and egg, let stand an hour in cold place. Mix the parsley, mushrooms, salt, lemon juice, egg yolk and flour and let boil up once with a tablespoon of butter, then let cool. Roll out dough, cut in 5-inch pieces, add some of the filling to each piece, fold toward middle, spread with egg and pinch together; let stand a few minutes, boil in boiling water 8 minutes and serve with tomato juice.

MRS. WILLIAM ENGEL.

Okra and Rice Gumbo.

Okra 1 quart. Rice 1 cup.
Tomatoes ½ can. Butter 3 tablespoons.
Salt ½ teaspoon. Pepper ½ teaspoon.
Dash of paprika.

Wash rice and cook in boiling salted water until tender. Drain and add butter, salt, pepper and paprika. Cut okra in slices and boil in small amount of water. When tender add tomatoes and rice and heat all together thoroughly.

MRS. F. L. RADELL.

Baked Spanish Onions.

Spanish onions 4 or 5. Salt and pepper to season.
Butter ¼ pound.

Slice the onions very thin, add the remaining ingredients, put in a casserole and bake in a slow oven for 1½ hours.

MINNIE A. NELSON.

Redcaps (Baked Onions and Tomatoes).

Onions (large) 6. Tomato 6 slices.
Green pepper 1. Butter (melted) 1 ta-
(chopped) 1 table- blespoon.
spoon. Bread crumbs (soft) 4
Salt ¾ teaspoon. tablespoons.
Pepper ½ teaspoon. Soda ¼ teaspoon.

Cut tops off of onions. Place bottoms down in saucepan, cover with boiling water, add soda and parboil 5 minutes, until tender but not broken. Drain. Arrange in glass baking dish. Place slices of tomato on top of each onion, sprinkle with chopped pepper, salt and pepper. Bake 10 minutes at

350 degrees. Remove, sprinkle with buttered bread crumbs and brown 2 minutes under broiler. Serve hot.

EILEEN McNULTY.

Escaloped Onions.

Onions (medium size) 5. White sauce 1 pint.
Blanched almonds Bread crumbs (buttered).
(chopped).

Boil the onions until tender in salted water. Place a layer of cooked onions in a buttered baking dish and sprinkle over this chopped blanched almonds. Repeat until dish is almost full. Pour over all enough white sauce to fill the dish, about a pint. Cover with buttered bread crumbs and brown in hot oven.

MRS. WILHELMINA ORR.

Escaloped Onions and Celery.

Onions (small) 12. Celery 1 stalk.
Butter or substitute Milk $1\frac{1}{2}$ cups.
2 tablespoons. Cracker crumbs
Pepper $\frac{1}{8}$ teaspoon. (coarse) $\frac{1}{2}$ cup.
Flour 2 tablespoons.

Peel onions and cut celery in $\frac{1}{2}$ -inch lengths. Parboil each in separate pans about 20 minutes. Drain if water is not all absorbed. Arrange onions and celery in baking dish. Pour over a sauce of butter and flour rubbed in pan until smooth, add milk and seasoning and cook until thick. Cover with crumbs, dot with small pieces of butter. Bake 20 minutes or until crumbs are brown.

MRS. ED MEYERS.

Fried Onions (Angel Wings).

White onions (large) 5. Flour to thicken.
Eggs (beaten) 2. Cheese (grated).
Milk $\frac{1}{2}$ cup.

Boil the onions until tender. Carefully turn back the leaves and sprinkle with grated cheese. Fasten with plenty of toothpicks. Then dip in batter made of the eggs, milk and flour, fry in deep fat. Sprinkle generously with minced parsley.

RICHARD H. PLEES.

Onion Pie.

Flour $\frac{3}{4}$ cup. Onions (large) 3.
Salt $\frac{3}{4}$ teaspoon. Salt to taste.
Fat (cold) $\frac{1}{4}$ cup. Butter $\frac{1}{2}$ tablespoon.
Water (cold).

Mix salt with flour and cut in fat with a knife. Place on floured board and shape with hands into a ball. Roll lightly, keeping crust round. Place in a pie tin, fit to tin and trim

edges with a knife. Peel and cut onions in small slices, add salt and put on low fire with butter, stirring constantly until onions begin to simmer. Fill in pie crust with onions while they are still warm. Then take 1 well-beaten egg, $\frac{1}{2}$ cup cold milk, $\frac{1}{2}$ teaspoon cornstarch and mix together well until cornstarch is dissolved, and pour over onions. Bake 25 minutes in a hot oven.

LOUISE HERZOG.

Stuffed Onions.

Bermuda onion Sausages (cooked) 3,
(large) 1. or fried bacon.
Egg (hard cooked) Cracker or bread
1 crumbs 3 table-
Salt and pepper to spoons.
taste. Butter 1 tablespoon.
Catsup. Parsley (chopped).

Boil the onion until nearly soft. Remove center and mix with sausage, egg, bread crumbs, butter, catsup and a little parsley. Fill shell, place on top a slice of bacon, cracker crumbs and parsley. Bake 30 minutes.

MRS. W. DOEMLING.

Parsley Butter.

Parsley (finely chopped) 3 table- Butter 2 tablespoons.
spoons. Paprika $\frac{1}{4}$ teaspoon.
Salt 1 teaspoon. Worcestershire sauce 1
tablespoon.

Mix the above ingredients together well, make into tiny balls and lay on each chop when serving.

MISS MAE GOUGH.

Baked Parsnips.

Parsnips (medium sized) 5. Spiced beets (small).
Brown sugar. Butter (melted).
Bread crumbs (fine).

Select medium-sized parsnips, wash and scrape thoroughly. Steam until tender, split lengthwise, brush lightly with melted butter, brown sugar and fine bread crumbs. Place in shallow baking dish well buttered and bake 10 or 15 minutes until golden brown. Garnish with thin slices of small spiced beets.

MRS. IRWIN.

Parsnip Balls.

Parsnips (large, boiled and mashed) 2. Cracker crumbs (fine-ly ground) 1 cup.
Egg yolk 1. English walnuts
Pepper $\frac{1}{8}$ teaspoon. (chopped fine) $\frac{1}{2}$
Salt $\frac{1}{8}$ teaspoon. cup.

To a cup of mashed parsnips add

the crumbs, egg yolk, salt and pepper. Roll in ground nut meats and fry in deep fat until nicely browned.

MRS. W. M. NEWMAN.

Glazed Parsnips.

Parsnips 6. Fat 1 tablespoon.
Brown sugar 1½ Water (cold) 1½ cups.
cups. Lemon (sliced thin) ½.
Salt ¼ teaspoon.

Parre parsnips, cut in half length-wise or cut in slices ½ inch thick. Lay in a baking dish, cover with the other ingredients, cover the casserole and bake in moderate oven until the parsnips are tender (45 to 50 minutes). After 30 minutes of baking, uncover the dish.

MISS MARION WALL.

Peas en Casserole.

Bread crumbs (toasted) 1½ cups.
Sweet corn (cooked) 1½ cups.
Salt 1 teaspoon.
Milk 2 cups.
Bacon 3 strips.
Green peas (cooked) 1½ cups.
Onion (medium sized, chopped fine) 1.
Paprika ¼ teaspoon.
Parsley (minced) 1 tablespoon.

Arrange toasted bread crumbs in layers alternately with vegetables and seasoning. Add milk when casserole is filled, placing bacon strips on top. Bake in a moderate oven 45 minutes, or until brown. MRS. ELLA HARNES.

Casserole of Peas with Carrot Sauce.

Bread crumbs (soft) ¾ cup.
Pea pulp 1 cup.
Sugar 1 tablespoon.
Carrots (new) 1 bunch.
Butter 6 tablespoons.
Walnuts (chopped) 1 tablespoon.
Flour 2 tablespoons.
Salt 1½ teaspoons.
Pepper ¼ teaspoon.
Egg 1.
Milk 2½ cups.

Make pea pulp by forcing canned peas through puree sieve. Mix bread crumbs, pea pulp, sugar, egg, 4 tablespoons butter, walnuts, half the seasoning and ¾ cup of milk. Turn into well-greased baking dish, let stand 15 minutes. Cover and bake 40 minutes at 350 degrees. Melt the remaining butter in saucepan, add flour and rest of the seasonings; cook until bubbling and add 1½ cups of milk gradually. When well blended stir in the carrots which have been cooked until tender and forced through puree sieve. There should be about 1 cup of carrot puree. Serve the carrot sauce over the pea dish.

MRS. G. W. SCHEEF.

Peas and Celery au Gratin.

Peas 2 cups. Celery 2 cups.
Milk 1½ cups. Butter 3 tablespoons.
Flour 3 tablespoons. Salt ½ teaspoon.
Cheese ¼ cup.

Cut the celery in small pieces and cook peas until tender, if fresh. Allow all water to cook down. Make a white sauce by melting butter, adding the flour slowly and the milk a small amount at a time. When thick add cheese. Combine with vegetables and place in casserole with buttered crumbs on top. Brown in a moderate oven.

MRS. HATTIE FARRELL.

Creamed Peas.

Peas 1 can. Flour 1 teaspoon.
Butter 1 tablespoon. Cream or rich milk 1 cup.
Salt and pepper.

Heat the peas and drain the liquid from them (save liquid). Add the flour rubbed in butter, salt and pepper and cream and heat until it boils.

ETHEL E. TATE.

Pea Croquettes.

Peas 2 cups. Bread crumbs 4 table-
Onion (minced) 1 spoons.
tablespoon. Salt and pepper.
Egg 1.

Mash peas through a sieve, add other ingredients and season to taste. Form into balls and fry in deep fat. Cook each ball about 3 minutes. Have the fat about 380 degrees.

MRS. JOHN HESS.

Deviled Cream Peas.

Peas 1 can. Flour 2 tablespoons.
Butter 2 tablespoons. Milk 1½ cups.
Deviled ham 1 2¾ Salt ¼ teaspoon.
ounce can.

Drain the liquor from the peas and reserve. Melt the butter and blend the flour with it. Pour in the liquor from the can of peas and, stirring constantly, let it come slowly to a boil. Then add the milk and salt and let it boil up again. Add the peas and deviled ham and allow all to cook gently for 5 minutes. Serve on toast.

MRS. MARGARET HORNAL.

Peas with Dumplings.

Flour ¾ cup. Baking powder 1½
Pinch of salt. teaspoons.
Eggs (well beaten) 3.

Mix dry ingredients together, then

add to the eggs. If the mixture is too stiff add a few drops of milk.

Peas 1 can. Salt and pepper to
Water 1 quart. taste.
Butter 1 teaspoon.

Warm the peas, drop the dumplings in with a teaspoon, cover and boil for 10 minutes. Remove from fire, add $\frac{1}{2}$ cup sweet milk and serve.

MRS. MABEL ASHCRAFT.

Peas with Poached Eggs.

Peas 1 large can. Eggs 5 or 6.
Water $\frac{1}{2}$ cup. Dash of paprika.
Salt 1 teaspoon. Black pepper $\frac{1}{4}$ tea-
Sprig of parsley. spoon.
Tomato puree, 1 Butter 2 tablespoons.
small can. Sprig celery tops.

Melt butter in large skillet, add parsley and celery tops, minced fine. Fry for 3 minutes over a low flame, add tomato puree and cook for 10 minutes, stirring constantly. Add peas, drained, to the tomato sauce. Cook all ingredients together for 10 minutes longer. Scoop peas into small nests in skillet, break and drop each egg separately into the openings. Cover pan, let simmer slowly until eggs are poached to the desired consistency.

MRS. MARY AMABIELE.

Peas and Lettuce.

Lettuce 1 medium- Peas 2 pounds.
sized head. Cream $\frac{1}{2}$ cup.
Egg yolk 1. Milk, butter.
Bread crumbs (dry).

Cut lettuce in 6 wedge shapes and lay on bottom of casserole. Pour over it the shelled peas, season with salt, pepper and a teaspoon of sugar. Mix egg with cream and pour over, adding enough milk to show between the peas. Sprinkle with a few dry bread crumbs and bits of butter. Bake until done.

B. BENET.

Green Pea Loaf.

Peas (mashed) 2 Pepper $\frac{1}{4}$ teaspoon.
cups. Milk (scalded) $\frac{1}{2}$
Bread crumbs $1\frac{1}{2}$ cups.
cups. Egg 1.
Onion (medium Pimentos (chopped) $\frac{1}{2}$
sized, chopped cup.
fine) 1. Salt 1 teaspoon.
Cream cheese (grated) $\frac{1}{2}$ pound.

To the mashed peas add the milk, then the eggs, bread crumbs, onions, pimentos, cheese, salt and pepper. Bake in a greased loaf tin for 30 minutes. Serve with cream or tomato sauce.

MRS. E. H. PHILIPPI.

Pea Pod.

Peas 3 pounds. Salt and pepper.
Butter 1 tablespoon. Cream 3 tablespoons.

Wash pea pods well and pull off string. Drop peas in boiling water to barely cover and cook until peas fall out of the pods (requiring about 7 minutes). Remove peas from the pod, season with salt, pepper, butter, a tablespoon of liquor in which peas were boiled. Allow to set a minute, then add cream.

MRS. HERTA JOAN CALKINS.

Green Peas and Potato Pie.

Green peas (shelled) Green onions (cut
1 quart. fine) 10.
Butter 1 tablespoon. Potatoes (mashed).

Cook the peas, onions and butter in water to cover until vegetables are tender. Line a buttered baking dish with mashed potatoes seasoned to taste. Put in peas and onions, cover with another layer of potatoes, brush melted butter over the top and heat in a fairly hot oven until nicely browned.

MRS. PETER MAKAR.

Baked Green Peppers.

Peppers 6. Rice (boiled, cold) 2
Ham (boiled, ground) cups.
 $\frac{1}{4}$ pound. Carrot (grated) 1.
Tomatoes (sliced) 2. Butter.

Remove stem and inside of peppers and rinse well. Mix rice, ham and carrot together and season with salt and pepper. Fill peppers. Put a piece of butter and a slice of tomato on top of each pepper. Place the peppers in a pan with a little water and bake in a moderate oven for 30 minutes.

MRS. O. F. ECKLUND.

Stuffed Pepper.

Green peppers 5. Butter 2 tablespoons.
Shallots $\frac{1}{2}$ cup. Mushrooms (chopped)
Tomato sauce. $\frac{1}{2}$ can.
Salt $\frac{1}{2}$ teaspoon. Bread crumbs.

Wash the peppers and blanch them in hot grease until tender. Remove from the fire and wipe the skin with a cloth. Cut off the tops and remove the seeds. Fry the shallots and mushrooms in butter, season with tomato sauce thickened with bread crumbs and seasoned with salt. Put this filling into the peppers, cover

with crumbs and bits of butter and bake 10 minutes. Serve with bechamel sauce.

SYLVIA CRAWFORD.

Green Pepper Stuffed with Cauliflower.

Green peppers 5. Cauliflower $1\frac{1}{2}$ cups.
Bread crumbs 1 tablespoon. (melted) 1 tablespoon.
White sauce 1 cup.

Remove seeds from peppers at stem end. Parboil ten minutes. Fill with creamed cauliflower and buttered crumbs. Bake in moderate oven about half an hour or until skins are tender. Baste occasionally with water and butter.

MRS. J. R. GLENNON.

Stuffed Peppers.

Bread crumbs (moistened) 2 cups. Shrimps 1 small can.
Nutmegs (chopped) $\frac{1}{2}$ small bottle.
 $\frac{1}{2}$ cup. Salt 1 teaspoon.
Butter 1 tablespoon.

Stuff the peppers with the above after seeds have been removed. Fasten the tops on with toothpicks, place in a pan with a little water and bake until tender, about half an hour.

MRS. ANNA KECK.

Potato and Peanut Butter Croquettes.

Potatoes (hot, riced) 2 cups. Pepper $\frac{1}{4}$ teaspoon.
Peanut butter $\frac{1}{2}$ cup. Celery salt $\frac{1}{4}$ teaspoon.
Onion (scraped) 1 Egg yolk 1.
teaspoon. Salt $\frac{1}{2}$ teaspoon.
Parsley (minced) 1 Few grains cayenne.
teaspoon. Milk to moisten.

Mix ingredients, peanut butter, potatoes, onion, parsley, pepper, salt, egg, cayenne and milk to moisten if necessary. Beat all thoroughly and shape into balls. Roll in fine dry bread crumbs, then in beaten egg white, and again in bread crumbs. Fry in deep fat, hot enough to brown bread in forty counts. Drain on brown paper and serve with a creamed vegetable, tomato sauce or white sauce.

KATHRYN PALMITER.

Potato and Cheese—Fat Rascals.

Potatoes (small, grated) 5. Cheese (grated) 5 tablespoons.
Eggs (beaten slightly) 2. Flour 5 teaspoons.
Milk $\frac{1}{4}$ cup.

Mix all together and beat until light. Drop from a tablespoon into hot lard and fry until they are light brown.

MISS ETHYL HALL.

Creamed Potatoes.

Potatoes (medium sized) 5. Salt 1 teaspoon.
Milk (top).
Butter 1 tablespoon. White pepper 1 teaspoon.
Sugar 1 teaspoon.

Bake potatoes until almost done. When cold cut into fine dice. Place in a saucepan with salt, pepper, sugar and butter. Cover with milk and cook until done. Serve with paprika sprinkled on top.

MARIETTA McNAMEE.

Potato Croquettes.

Potatoes (mashed) 2 cups. Onion (medium sized) 1.
Sweet green pepper (small) 1. Bacon 4 slices.
Egg 1. Salt $\frac{1}{2}$ teaspoon.

Chop green pepper and onion fine; cut bacon into small pieces. Fry bacon slowly for five minutes; remove bacon from pan and slowly cook green pepper and onion in drippings for 15 minutes, or until tender. Combine this with the mashed potatoes, add fried pieces of bacon, salt and well-beaten egg. Mix all ingredients well, shape into patties and fry to a golden brown.

MRS. V. J. HOIER.

Potato Dumplings.

Potatoes (large, raw, grated) 15. Bacon (diced small) 8 slices.
Bread (diced and browned) 3 slices. Eggs 2.
Salt, pepper, grated nutmeg to taste. Onion (small, cut fine) 1.

Fry the bacon. Brown the bread dice in butter, and mix all ingredients, including the bacon grease. Form into balls, about 12. If not stiff enough to stick together add a little flour. Have ready a deep pan of boiling water (salted with 2 tablespoons salt). Put in dumplings and boil one hour. Keep pan covered.

MRS. A. V. McCORMACK.

Potato Dumplings.

Potatoes (mashed, cold) 2 cups. Salt and pepper.
Eggs (well beaten) 2. Flour.

Season the potatoes with salt and pepper, add the eggs and flour so dough can be handled. Make balls size of a walnut and drop in boiling salted water and cook 15 minutes. Serve very hot with melted butter.

MRS. ANNA M. TRIB.

Delicious Potato Dumplings.

Potatoes (mashed, cold) 2 cups. Salt and pepper to taste.
 Bread crumbs (dried) 1 cup. Flour 2 tablespoons.
 Parsley (minced) $\frac{1}{4}$ cup. Onion (large, grated) 1.
 Eggs 2.

Mix well together the above, flour the hands and form in balls. Have ready a pot of boiling salted water and drop in the balls. When they come to the top they are done. Do not allow water to stop boiling.

MARGARET GOWAN.

Raw Potato Dumplings.

Potatoes 5 pounds. Bread cubes (toasted) 3 slices.
 Farina $\frac{3}{4}$ cup. Milk 1 pint.

Peel and grate potatoes into cold water. Squeeze through cheesecloth. Let starch settle in water in which potatoes were grated. Pour off water and put starch with grated potatoes. Boil milk and farina. Pour over grated potatoes, add toasted bread cubes and mix. Make dumplings the size of a small apple. Place dumplings in boiling water, salted. Dumplings will come to the top of the water in about 30 minutes. Serve with a roast.

MRS. ROSE GREINKE.

Escalloped Potatoes.

Potatoes (cooked). Cream sauce.
 Bread crumbs (buttered). Eggs (hard cooked).
 Bacon (fried crisp).

Mix the potatoes and cream sauce. Put a layer of potatoes in a baking dish. Cover with bacon, eggs and seasoning. Repeat till dish is almost full. Sprinkle with bread crumbs and bake in 350-degree oven until brown.

MRS. E. T. PETRIK.

French Fried Potatoes.

Potatoes (large, raw) 6. Fat for deep frying.

Pare and slice potatoes into $\frac{1}{4}$ inch strips. Soak in cold water for 5 or 10 minutes. Take out of water by using egg whisk. Place on paper to dry. Heat the fat to 200 degrees. Use a wire whisk to put potatoes into hot fat. Fry for 4 minutes. Let them fry to a straw color, remove from fat with whisk and put fried potatoes on dry paper to drain the grease. Sprinkle the potatoes with salt.

WILMA GROENEWOLD.

Potato Fried in Egg and Crumbs.

Potatoes (small) 12. Eggs (beaten well) 2.
 Cracker crumbs. Butter (melted).

Boil the potatoes with the jackets on and when tender enough to break apart drain off the water and dry them over a hot flame, then take off the jackets. Dip each potato into the beaten egg, then into cracker crumbs. Have a frying pan ready with hot melted butter and brown each potato.

MRS. MARY W. RANDALL.

Au Gratin Potatoes.

Potatoes (large, raw) 3. Flour. Mushrooms.
 Green pepper. Cream or milk 1 pint.
 Cheese (grated). Butter.

Slice the potatoes very thin. Butter a baking dish, put in it a layer of potatoes, cover with small pieces of butter and green pepper, then mushrooms and grated cheese. Scatter flour on top, repeat the layers, then pour the milk over all and bake an hour in a moderate oven.

FLORENCE HALLA.

Potato Pancakes.

Potatoes (grated) 2 cups. White flour $\frac{3}{4}$ cup.
 Salt 1 teaspoon. Egg 1.

Grate the potatoes or run through a very fine vegetable chopper, add salt and beaten egg, then flour, and beat until smooth. Fry on a spider, using lard or bacon drippings until brown. Onion (grated) may be added.

MARTHA WACHTLER.

Potato Paprika.

Potatoes (boiled, cut in cubes) 6. Salt 1 teaspoon.
 Parsley (chopped) 2. Butter 3 tablespoons.
 fine) 6 sprigs. Onions (chopped fine) 2.
 Tomatoes (fresh) 6. Paprika $\frac{1}{2}$ teaspoon.

Melt the butter and brown the onion. Add the potatoes, tomatoes quartered, paprika, salt, and mix thoroughly. Butter a casserole and place the entire mixture in it. Place in a moderate oven to bake 30 minutes. Remove from the oven and sprinkle the top with parsley. Garnish with sliced lemon.

MRS. RUDOLPH CONY.

Potato Patties.

Potatoes (mashed) 1 $\frac{1}{2}$ cups. Egg 1.
 Flour $\frac{3}{4}$ cup. Seasoning to taste.

Break egg into potatoes. Mix $\frac{1}{2}$ cup flour with mixture. Shape into

fingers and roll in remainder of flour; season. Fry in deep fat until brown.

MRS. O. A. OYEN.

Potato Pudding.

Potatoes (peeled)	Butter (melted)	1/4
2 1/2 pounds.	pound.	
Eggs 1 or 2.	Salt 1 tablespoon.	
Onion (small) 1.	Pepper if desired.	

Cut potatoes lengthwise and grind them together with onion through fine cutter of meat or food grinder. Mix all ingredients thoroughly and bake uncovered an hour in hot oven.

MRS. A. GREENFIELD.

Savory Potatoes.

Potatoes (baking) 5.	Milk (rich).	
Butter.	Pimento (minced) 3	
Bacon 4 slices.	teaspoons.	
Salt, pepper.		

Grease the potatoes with shortening and bake until done. Cut an oval-shaped opening in the top of each and carefully remove the inside. Mash, season with salt, pepper and butter, add a little rich milk till the consistency is a little thinner than ordinary mashed potatoes. Add bacon fried crisp and pimento. Refill shells and place in oven till brown.

MRS. E. J. NELSON.

Spanish Potatoes.

Shortening 1 1/2	Milk 1 cup.
tablespoons.	Pimentos (chopped) 2
Pepper 1/4 teaspoon.	tablespoons.
Salt 1 teaspoon.	Flour 1 1/2 tablespoons.
Onion (chopped) 1	Green pepper
tablespoon.	(chopped) 2 table-
Potatoes (cooked,	spoons.
cubed) 2 cups.	

Melt shortening and add flour, making a smooth paste, add milk and cook until it thickens, add onion, green pepper, pimento, salt and pepper. Combine with potatoes and reheat.

MRS. A. C. MCKINLEY.

Stuffed Baked Potatoes.

Irish potatoes (me-	Butter, salt, pepper.
dium sized) 6.	Egg white 1.
Onion (grated).	Peas (fresh, cooked).
Cream 3 tablespoons.	

Bake the potatoes until well done, then cut lengthwise and scoop out the centers. Mash the centers and season with a little butter, salt, pepper and grated onion. Add the beaten white of an egg and the cream or hot milk. Heat over the gas a few

minutes. Line the shells with this mixture, leaving a hollow in the center of each shell, and fill the hollow with a tablespoon of fresh peas. Place in oven and keep hot.

MISS MARY HASTINGS.

Stuffed Potato and Cheese.

Potatoes (baking).	Butter, salt, pepper,
Butter 1 tablespoon.	cream.
Cheese (grated) 1/2	Flour 1 tablespoon.
pound.	Sweet milk 1 cup.

Wash well and dry the potatoes. Put in a hot oven and cook from 50 to 60 minutes. When soft cut in half, take potatoes from jackets, season with butter, salt, pepper and cream. Beat until creamy and light. Then melt the tablespoon of butter, add the flour, then gradually the milk. When this thickens add the grated cheese. Serve potatoes with sauce.

MRS. W. H. TIDWELL.

Sweet Potatoes and Apples.

Apples (medium) 6.	Sweet potatoes (me-
Butter, salt, pepper,	dium) 3.
cream.	Marshmallows.

Core apples without piercing bottom skin. Scoop out fleshy part of apple, leaving about 1/4 inch adhering to the skin. Stuff the apples with the sweet potatoes that have been cooked and mashed with butter, salt, pepper and cream enough to make a creamy consistency. Place in a baking dish with just enough water to cover the bottom of the dish. Bake in hot oven until apples are soft. Just before removing from oven place a marshmallow on top of each apple.

MRS. MAUDE HAGEN.

Sweet Potato and Mushroom Croquettes.

Sweet potatoes (me-	Butter 3 tablespoons.
dium sized).	Mushrooms (canned,
Pepper 1/2 teaspoon.	coarsely chopped) 1/4
Egg (beaten) 1.	cup.
Almonds (chopped)	Egg and cracker
1/2 cup.	crumbs.
Salt 1/2 teaspoon.	

Bake the potatoes and mash well. Take 2 cups of pulp, add the salt, pepper, butter, egg, mushrooms and almonds. Mix well, form into cylinder, roll in cracker crumbs, egg and cracker crumbs. Fry in deep fat until golden brown.

MRS. K. CALDWELL.

Casserole of Sweet Potatoes and Prunes.

Potatoes (medium sized) 6.
Brown sugar $\frac{1}{2}$ cup.
Butter $\frac{1}{2}$ cup.
Prunes (cooked) 12.
Prune juice 1 cup.
Pecan nut meats $\frac{1}{2}$ cup.

Drop potatoes into boiling water and boil gently 45 minutes. Stone prunes and cut in halves. Cut potatoes lengthwise in $\frac{1}{4}$ -inch slices, arrange potatoes and prunes in alternate layers in buttered casserole, having prunes on top. Dot with butter; sprinkle with sugar and pecans and turn prune juice over all. Bake in moderately hot oven 45 minutes.

MRS. H. P. BROUGHTON.

Sweet Potato Pudding.

Sweet potatoes (good sized) 4.
Eggs (beaten lightly) 2.
Butter $\frac{1}{4}$ pound.
Nutmeg $\frac{1}{4}$ teaspoon.
Milk 1 pint.
Sugar 2 cups.
Cinnamon $\frac{1}{4}$ teaspoon.
Marshmallows.

Grate the potatoes. Add the milk, eggs, sugar, butter, cinnamon and nutmeg. Bake in a moderate oven 30 minutes. Before removing from oven, cover the top with marshmallows and brown. Serve hot or cold with whipped cream.

MRS. J. E. WALLISER.

Sweet Potatoes Southern Style.

Sweet potatoes (medium) 6.
Sugar $\frac{1}{2}$ cup.
Seedless raisins 1 cup.
Cinnamon 1 teaspoon.
Milk.
Butter 1 tablespoon.
Coconut (moist) 1 cup.
Marshmallows 12.

Boil potatoes without paring them. When tender drain and remove skins. Mash, add milk to make a smooth paste. Add remaining ingredients, first, sugar, butter, then raisins, coconut, cinnamon, mixing after each. Put in greased baking dish and bake 20 minutes in moderate oven or until potatoes begin to brown. Place marshmallows on top, return to oven and brown lightly.

MRS. WILLIAM R. SHEALY.

Cooked Radishes.

Red radishes whole 1 pint (or $\frac{3}{4}$ pint white radishes sliced).
Flour 1 tablespoon.
Salt $\frac{1}{4}$ teaspoon.
Dash of pepper.
Parsley or chives.
Butter $1\frac{1}{2}$ tablespoons.
Sugar $\frac{1}{2}$ teaspoon.
Milk $\frac{1}{2}$ cup.

Clean the radishes and cook in boiling water to cover 15 minutes or until tender, salted. Mix flour, salt, sugar and pepper with 1 tablespoon

cold water, add milk. Then add to radishes and water in which they were cooked. Cook until creamy, then add butter and about a tablespoon of chopped parsley or chives.

IDA W. TALLMAN.

Salsify.

Salsify 2 bunches. White sauce.

Wash, scrape the roots and put in cold water with a dash of vinegar. Cut in small slices and boil in salted water until tender. Drain and serve with white sauce.

MRS. MORRIS SPRINGER.

Salsify.

Salsify 2 bunches. Butter 1 tablespoon.
Lemon juice 1 table- Parsley (minced) 1 spoon.

Scrape the roots of the plants. Cut into pieces about an inch long. Boil until tender in salted water (about 30 minutes), then drain. Serve with a white sauce; mix the butter, lemon juice and parsley for sauce. May be escalloped like oysters.

SARAH E. GREENE.

Spinach.

Spinach (fresh) 2 pounds. Salt $\frac{1}{2}$ teaspoon.
Butter 1 teaspoon.

Wash spinach thoroughly and cut off coarse stems, drain. Heat a skillet hot, then add the butter and return to flame. Put in all the spinach, cover tightly for 3 minutes, then stir it. Cover again for 3 minutes. Then add salt and serve with a little butter and lemon juice or tomato sauce.

DR. ETHEL L. BURNER.

Baked Spinach.

Spinach (chopped) 2 cups. Sugar 1 teaspoon.
Eggs (beaten) 2.
Milk 2 cups. Salt 1 teaspoon.

Wash and drain the spinach carefully, put the leaves through a coarse food grinder to the amount of 2 cups. Make a custard of the eggs, milk, salt and sugar. Stir in the chopped spinach and pour the mixture into a buttered baking dish. Bake in moderate oven until firm.

MISS MABEL HERRLIN.

Spinach Balls.

Spinach (chopped, cooked) $\frac{3}{4}$ cup. Salt, pepper and mace.
Flour 2 teaspoons. Butter 2 tablespoons.
Cream 1 teaspoon. Sugar $\frac{1}{2}$ teaspoon.
Eggs 2.

Melt butter, add flour and blend,

add cream and spinach and remove from fire. Add eggs and seasoning and mix well. Drop from spoon into boiling salted water. Poach for 5 minutes or until firm. Serve with cream sauce, on toast if desired.

MRS. FRANK A. POLLOCK.

Creamed Spinach with Raw Carrot.

Spinach (coarsely cut) 1½ pounds.	Carrot (raw, grated). Flour 2 tablespoons.
Butter 1 tablespoon.	Milk 1 cup.
Cheese (grated) to taste.	Pinch of salt.

Cook the spinach 12 minutes in 2 tablespoons salted water over a low fire, turning vegetable over occasionally. Melt the butter, add the flour, then milk, a pinch of salt and when sauce is thickened add cheese and cook until dissolved. Drain water off the spinach, turn it into serving dish and pour the sauce over. Cover lightly with grated raw carrot and serve.

MRS. W. P. BAULD.

Cream Verdant (Spinach).

Spinach 1 pound.	Salt ½ teaspoon.
Flour 2½ table- spoons.	Milk (top, rich) 2 cups.
Butter 2½ table- spoons.	Salt ½ teaspoon.
Sugar 2½ table- spoons.	Nutmeg or mace ⅓ to ½ teaspoon.

Wash spinach thoroughly and cook without adding water. Add salt and cook 15 to 20 minutes carefully. Drain and cool. Dredge with flour and chop very fine. Heat the milk and butter (scalding heat), add the spinach, stir thoroughly and cook 4 minutes, adding ½ teaspoon salt, sugar and nutmeg or mace.

ANNA GATES.

Vegetable Cutlets on Spinach.

Cooked carrots, cauliflower, green peppers, celery, red pimento, string beans and lima beans 1 quart.	White sauce (seasoned) 2 cups.
Bread crumbs 2 cups.	Salt and pepper to taste.
	Spinach 1 quart.
	Eggs 2.
	Olives (ripe) ½ cup.

Mix the vegetables with the white sauce. Let cool. Form into cutlets, shape and dip in well-beaten eggs, then roll in bread crumbs. Fry in deep fat. Have the spinach very hot. Place on a platter to form a layer; on it arrange the cutlets of vegetables. Garnish with olives and paper frills.

MRS. SUZANNE DE GOUY.

Escalloped Spinach.

Spinach (cooked) 2 cups.	Egg (slightly beaten) 1.
Salt ½ teaspoon.	Evaporated milk ¼ cup.
Onions (minced) 2 tablespoons.	Bread crumbs (buttered) ½ cup.
Water ¼ cup.	
Pepper ¼ teaspoon.	

Warm the spinach, put through sieve, add all ingredients except the crumbs. Put the mixture into a greased baking dish, cover with crumbs. Bake in a moderate oven until brown (40 minutes at 375 degrees).

MRS. A. D. TROCHINSKI.

Spinach and Liver Mold.

Liver 2 pounds.	Butter or drippings 2 tablespoons.
Onion (grated) 1 cup.	Brown rice (cooked) 1 cup.
Eggs 2.	Salt 2 teaspoons.
White pepper ¼ teaspoon.	Spinach (fresh) 2 pounds.
Eggs (hard cooked) 3.	
Milk (rich) 1 cup.	

Wash liver. Place in kettle, cover with boiling water, cover and let stand 10 minutes. Remove from water, drain and run through food chopper. Fry onions in butter gently for 10 minutes but do not brown. Add to liver with rice, unbeaten eggs, milk and seasoning; mix thoroughly. Chop cooked spinach fine, chop eggs. Fold into liver, turn into greased ring mold. Cover with brown paper and bake in 375-degree oven for 40 minutes. Turn on to hot platter and serve with mushroom or other sauce.

MRS. W. J. PATCHEN.

Spinach Souffle.

Spinach 3 pounds.	Butter 1 tablespoon.
Flour 2 tablespoons.	Milk 1 cup.
Salt ½ teaspoon.	Eggs (beaten light) 2.

Wash the spinach carefully and boil until tender. Cut up fine; melt the butter, blend in the flour and salt, add milk and bring to the boiling point, stirring constantly. Add to the spinach, then the eggs. Season to taste. Bake in ring mold in hot oven 20 minutes. Remove from oven and turn on platter. Put the following in the center.

Mushrooms ½ pound.	Butter 3 tablespoons.
Salt ¼ teaspoon.	Few grains of pepper.
Flour 1 tablespoon.	Cream (thin) ⅓ cup.

Clean mushrooms, remove caps and cut stems and caps into small pieces.

Melt the butter, add the mushrooms and soak 3 minutes. Sprinkle with salt and pepper, dredge with flour and pour over cream. Cook 5 minutes, stirring constantly.

BEATRICE B. NIELSEN.

Spinach, Rice and Carrots.

Spinach. Butter, salt and pepper.
Rice (well steamed). per.
Carrots (medium) 3.

Cook spinach without water. Cook rice until plump and tender. Scrape and steam carrots until tender. Drain spinach, add butter, seasoning; put in center of platter, surround with rice molds. Put carrots in ricer with salt, pepper and butter. Hold over platter of spinach and rice and distribute evenly over all.

MRS. C. S. SIMPSON.

Spinach Ring.

Spinach $\frac{1}{2}$ pound. Onions (little, grated).
Flour 2 tablespoons. Soup broth or milk 1
Pepper and salt to cup.
taste. Cracker crumbs $\frac{1}{2}$
Egg (whole) 1. cup.
Eggs (hard cooked). Sweet potatoes (can-
Carrots. died).
Turnips. Butter 2 tablespoons.

Wash the spinach and remove stems. Cook 15 minutes with a little water and salt. Drain and squeeze dry. Chop fine, put butter and flour in frying pan; brown, add little onions grated and pepper and salt to taste, the gravy, broth or milk; add the spinach. Let this heat through, then remove from the fire. Beat the egg and cracker crumbs together, butter a ring mold. Put the spinach mixture in to three-fourths fill the mold, cover and steam an hour. Turn out on a platter, garnish top with hard-cooked eggs, fill the center with candied sweet potatoes. Decorate the platter with carrots and turnips cut in fancy designs.

MRS. P. BOYLE.

Baked Spinach and Tomatoes.

Spinach (cooked) 2 Tomatoes (canned) 2
cups. cups.
Toast (finely Butter $\frac{1}{2}$ tablespoons.
crumbed) 4 slices. Pepper $\frac{1}{8}$ teaspoon.
Salt $\frac{1}{4}$ teaspoon.

Add tomatoes, butter, salt, pepper and spinach to all but 3 tablespoons of crumbs. Mix thoroughly in bak-

ing dish, cover with toast crumbs and dot with butter. Bake 20 minutes in moderate oven, 350 degrees.

G. R. TEEGARDEN.

Stuffed Squash.

White squash. Blanched almonds
(small) 6. $\frac{1}{2}$ cup.
Butter (melted) 5 Milk 1 cup.
tablespoons. Flour 2 tablespoons.
Salt $\frac{1}{2}$ teaspoon. Egg (hard cooked) 1.

Scoop out center of squash and cook until tender. Drain well. Make cream sauce of milk, flour, butter, pepper and salt, remove from the stove and add egg and almonds chopped. Add the squash to this. Boil hulls of squash until tender with a little salt. Stuff hulls with above mixture and sprinkle with toasted crumbs and butter. Brown in the oven.

CHARLES BUSSEY JR.

Hubbard Squash.

Squash sufficient to Brown sugar 1 tea-
make 3 pints. spoon.
Cream 3 tablespoons. Ginger $\frac{1}{4}$ teaspoon.
Butter.

Cut squash into 3-inch squares and bake or steam. When soft scrape from shell. Mash and add salt to taste, a teaspoon of brown sugar to 3 pints of squash, the ginger, a generous lump of butter and the cream. Beat until light and smooth. Serve hot.

MRS. ALBERT E. VATTER.

Creamed Yellow Turnip.

Turnip 1. Butter 2 tablespoons.
Flour 2 tablespoons. Milk $1\frac{1}{2}$ cups.
Salt 1 teaspoon. Pepper.

Pare turnip and cut in $\frac{1}{2}$ -inch cubes. Drop in boiling salted water, cook until tender and drain. Melt butter in pan and blend in flour. Add milk, salt and pepper and cook until thick. Add turnip and stir until thoroughly mixed. Serve at once.

MRS. DAVID W. RADKE.

Turnips a la Creme.

Butter (melted) 2 Turnips (small, new).
tablespoons. Flour 2 tablespoons.
Salt, pepper, nut- Milk or cream.
meg.

Boil the turnips in salted water, peel and drain thoroughly. Add the remaining ingredients. Simmer gently a few minutes and serve.

MISS MARY JANE NACHEIMEI.

Turnip Cups.

Turnips 5. Mutton or pork (cold) 1 cup.
Peas (cooked) 1 cup. Parsley, seasoning.
Crumbs $\frac{1}{2}$ cup.

Clean and pare turnips. Cook until almost tender. Hollow out some of center. Mix the left-over turnip with other ingredients chopped. Moisten until mixture sticks together. Fill hollow. Bake in well-greased pan until done. MRS. E. G. PHIPPS.

Escalloped Turnips and Cheese.

Turnips (large) 3. Flour 2 tablespoons.
Cream cheese 3. Celery (chopped) $\frac{1}{2}$ cup.
(cubed) $\frac{1}{2}$ pound.
Milk (heated) 3 Salt 1 teaspoon.
cups. Pepper $\frac{1}{2}$ teaspoon.

Pare and slice turnips thin. Place layer of turnips in greased casserole. Cover with half the cheese, add half the chopped celery. Sprinkle with half the flour, salt and pepper. Repeat this process. Cover with hot milk and bake an hour in oven 375 degrees.

MRS. O. W. BRAND.

Tomato Cups.

Tomatoes (large) 3. Toast rounds.
Mushrooms (minced) Butter 2 tablespoons.
4 tablespoons. Bread crumbs (buttered).
Salt, pepper.
Bacon $\frac{1}{2}$ pound.

Halve the tomatoes and place each half on a toast round, cut side of the tomato up. Scoop out a little of the pulp of each tomato and mix with the finely minced mushrooms which have been cooked in butter. Fill the tomatoes with this mixture, sprinkle with salt, pepper and buttered bread crumbs. Place in 450-degree oven for 5 minutes, then place 2 slices of bacon in criss-cross fashion on top of each tomato. Bake until the bacon is crisp and serve hot.

MILDRED RUFVOLD.

Tomato with Cheese Sauce.

Tomatoes (near ripe). Bread rounds.
White sauce (thick). Bread crumbs.
Kitchen bouquet 1 Egg 1.
teaspoon. Cheese (diced) 1 cup.
Lettuce leaves. Bacon (thin slices).
Mushrooms.

Fry the bread rounds in deep fat. Fry the tomatoes sliced and dipped in bread crumbs, egg, and crumbs again. Add the cheese and kitchen

bouquet for seasoning to white sauce. Fry the bacon. Place lettuce on bread rounds, then fried tomato, then cheese sauce; top with a mushroom and garnish with bacon.

KATE WRIGHT.

Fried Tomatoes.

Bacon 5 or 6 slices. Water (cold) 1 cup.
Onion (chopped) 2 Flour $\frac{1}{2}$ tablespoon.
tablespoons. Parsley.
Flour and salt. Butter.
Green pepper Tomatoes (smooth, round).
(chopped) 2 tablespoons.

Fry the bacon carefully, remove and cook the green pepper and onion in the fat. When tender remove the pepper and onion. Cut half ripe tomatoes into thick slices, dip in flour and sprinkle with salt. Fry golden brown in the fat, adding butter if necessary, and remove. Add the flour to remaining grease and stock and butter enough for thickening, then add the cold water. When the sauce comes to a boil add the pepper and onion. Let it boil up once more, then pour around the tomatoes. Use the bacon and parsley for garnish.

MATILDA E. HIATT.

Fried Tomatoes.

Tomatoes (large, solid, ripe) 4. Cheese (stale, grated) $\frac{1}{2}$ cup.
Egg (beaten with a tablespoon water). Bread crumbs (grated) $\frac{1}{2}$ cups.
Salt and pepper. Butter 3 tablespoons.

Peel tomatoes and cut off top and bottom to make slices even. Slice center of tomato in 2 thick slices. Mix together crumbs and cheese, salt and pepper. Dip each slice in beaten egg and water, then dip in grated crumbs and cheese. Melt the fat, fry each slice golden brown in fat, then serve.

MRS. GEORGE S. ARNOLD.

Fried Tomatoes.

Tomatoes. Bread crumbs (dry).
Butter. Salt and pepper.
Cream $\frac{1}{2}$ cup. Egg yolk (beaten).

Cut firm tomatoes in half crosswise. Dip in dry bread crumbs and fry in butter. Turn, season with salt and pepper. Add the cream and simmer until tomatoes are soft. Remove to hot platter. Thicken cream by adding the egg yolk to a little cold

cream, then to the milk. Pour over tomatoes and garnish with toast points.

MRS. CECILIA RING.

Tomato Fritters.

Flour 1 cup. Tomatoes (medium sized) 5.
Baking powder 2 teaspoons. Sweet milk $\frac{1}{2}$ cup.
Lard (melted) 1 tablespoon. Egg 1.
Salt $\frac{1}{4}$ teaspoon.

Sift the dry ingredients and add the beaten egg. Stir in the milk gradually. Add the melted shortening last and beat the mixture vigorously. The tomatoes must be firm and should be chilled. Cut them in rather thick slices and dip into the batter. Fry in a deep fat, hot enough to brown a bit of bread in 20 seconds.

CONSTANCE KNIGHT.

Tomatoes in Ramekins.

Salt $\frac{1}{2}$ teaspoon. Tomatoes 1 No. 2 $\frac{1}{2}$
Onion (large) 1. can.
Sugar $\frac{1}{2}$ teaspoon. Bread crumbs $\frac{3}{4}$ cup.
Butter or substitute Eggs 2.
4 tablespoons.

Cut onion in small pieces and stew with the tomatoes until the mixture is no longer watery. Add butter and when it is melted cool the mixture, beat in eggs, crumbs, sugar, salt. Butter ramekins, fill with mixture and bake until firm and brown on top.

MRS. JULIUS STERN.

Tomatoes and Rice.

Rice (washed) $\frac{1}{2}$ cup. Tomato sauce 1 can.
Pepper pot soup 1 can. Onion (small, grated) 1.
Salt $\frac{1}{2}$ teaspoon.

Add 2 cans of water to the soup. Bring to a boil, stirring well, then drain. Take $1\frac{1}{2}$ cups drained liquid and add to the tomato sauce, grated onion and salt. Place in a double boiler; when this is hot put in the rice and steam 40 minutes.

MRS. KATHERINE M. CURRAN

Tomatoes and Rice.

Bacon (diced) 4 slices. Onion (large) 1.
Tomatoes 1 quart. Rice (uncooked) $\frac{1}{2}$ cup.
Pinch of soda. Pinch of red pepper.

Fry the diced bacon in iron skillet until golden brown. Pour tomatoes into a kettle, adding the bacon, rice and onion. Bring to a boil and add the pinch of soda. Season with salt and pepper and allow to simmer for an hour.

MRS. A. F. JACOBS.

Stuffed Baked Tomatoes.

Green beans $\frac{1}{2}$ pound. Salt $\frac{1}{2}$ teaspoon.
Tomatoes (smooth) 4. Sugar $\frac{1}{2}$ teaspoon.
Butter 2 tablespoons. Few grains of nutmeg.
Sweet green pepper 1.

Cut the beans in small pieces and cook in boiling water for 20 minutes. Let the water cook away, add pepper chopped in shreds, butter, salt, sugar and nutmeg. Cut a slice from the top of each tomato and scoop out the pulp. Fill with the bean mixture and place on a buttered shallow pan. Bake 30 minutes in moderately hot oven.

MISS LOLLY GILL.

Tomatoes Stuffed with Beans.

Tomatoes (large, solid) 5. Sugar 1 tablespoon.
Bacon (cooked and diced) 5 strips. Catsup 2 tablespoons.
Bacon fat 2 tablespoons. Beans 1 can.
Bread crumbs (fine, stale) 2 cups. Green pepper (diced) 1.
Salt 2 teaspoons.
Pepper $\frac{1}{2}$ teaspoon.
Margarine (melted) 2 tablespoons.

Cut a slice from the tops of tomatoes, remove centers, sprinkle with salt and pepper and invert. Saute green pepper in the bacon fat, then add the beans, half of the tomato pulp, bacon and seasonings. Fill the tomatoes and cover the top with the crumbs, mixed with the melted margarine. Bake in a moderate oven, 350 degrees, for 25 minutes.

MRS. K. LOWRY.

Tomatoes Stuffed with Spaghetti.

Tomatoes (large) 5. Salt, pepper, sugar.
Spaghetti $\frac{1}{2}$ cup. Butter 1 tablespoon.
Onion (chopped) 1. Meat (finely minced) 1
teaspoon. $\frac{1}{4}$ cup.
Crumbs.

Slice the stem ends from the tomatoes and scoop out the centers. Sprinkle the cups with salt, pepper and a teaspoon of sugar. Set in a buttered baking dish, cut side up. Cook the spaghetti, drain and mix with the tomato pulp, $\frac{1}{2}$ teaspoon of salt, a sprinkling of pepper, a tablespoon of butter, the onion and meat. Cook the mixture about 2 minutes, then fill the tomatoes with it, sprinkle a teaspoon of crumbs over each, dot with butter and set in a hot oven, 375 degrees. Bake 20 minutes, or until tomatoes are soft and the tops nicely browned.

MRS. PRESLEY HOLMES.

Baked Vegetable Combination.

Potatoes (small) 5.	Cucumber ½.
Cauliflower 1 small head.	Carrot 1.
Green pepper 1.	Milk ½ cup.
Salt 1 teaspoon.	Bread crumbs 2 table- spoons.
Butter 1 tablespoon.	

Pare and quarter potatoes, pare cucumber, cut cauliflower in pieces. Wash and scrape carrot, cut in 3 or 4 pieces. Remove center and seeds from pepper. Then run all the vegetables through food chopper, using coarse blade. Put in a buttered baking dish. Add salt and milk. Sprinkle bread crumbs over top. Dot with the butter. Cover dish and bake 40 minutes in hot oven, 400 degrees. Uncover the last 15 minutes to brown the top.

MRS. A. WESTMAN.

Vegetable Croquettes with Cheese Sauce.

Peas (cooked) 1 cup.	Carrots (cooked, diced) 1 cup.
Potatoes (mashed) 2 cups.	Worcestershire sauce ¼ teaspoon.
Cream 2 teaspoons.	Bread crumbs (fresh).
Egg (beaten) 1.	
Salt 1 teaspoon.	

Drain peas and carrots well. Mix the mashed potatoes, Worcestershire sauce, cream, salt and vegetables. Shape into croquettes, dip in the beaten egg, then in bread crumbs and drop into hot deep fat and cook until brown. Drain on brown paper and serve with cheese sauce.

MRS. MARIE FORLSKE.

Vegetable Plate.

Potato (mashed).	Peas.
Corn fritters.	Eggs 5.
Spinach.	Parsley.
Cheese (grated).	Carrots.

Make a circle of mashed potato in the center of each plate and 4 lines to the rim of the plate. Place a poached egg in the center circle. In one space put spinach, cooked, chopped, flavored and seasoned with lemon juice, salt, butter and cream. In second space put carrots with white sauce, in the third put cooked peas or lima beans and in the fourth a corn fritter, stuffed pepper or baked tomato stuffed with seasoned bread crumbs. Serve garnished with parsley and a mound of grated cheese in the center. MRS. A. M. WHITTEMERE.

Vegetable Shortcake.

Carrots (diced) 1 cup.	Potatoes (diced) 2 cups.
Onions (diced) 1 cup.	Butter 3 tablespoons.
Celery (diced) 1 cup.	Flour 2 tablespoons.
Parsnips (diced) 1 cup.	Milk 2 cups.
	Salt 2 teaspoons.
	Water ½ or 1 cup.

Put butter in pan which has a tight cover. Let it melt, prepare the carrots and cook them gently in the butter. Prepare the onions, add to the carrots and butter. Then prepare the celery and parsnips and add, then the potatoes and add with the salt and water. Continue cooking over a low fire 30 minutes. Add 2 cups milk. When the milk is hot add the flour stirred to a paste with ¼ cup milk or water. Bring to a boil and cook until thickened. Serve like a shortcake, using cornbread for the crust.

MRS. M. H. TURNER.

Vegetable Souffle.

Butter ¼ cup.	Flour ¼ cup.
Cream ½ cup.	Vegetable water ½ cup.
Cheese (shredded) ½ cup.	Vegetables (cooked) 1 cup.
Eggs 3.	

Melt butter and blend in flour in double boiler. Gradually add cream and water, stirring constantly, and cook 3 minutes. Add cheese and remove from fire. Add vegetables (any left-overs, one or more kinds may be used) rubbed through a sieve, then yolks of eggs beaten thick, then fold in the whites of eggs beaten stiff. Add salt and pepper to taste. Turn in buttered baking dish and bake in a slow oven, 300 degrees, 25 to 30 minutes.

MARIE LOUISE FULLER.

Watermelon Rind.

Watermelon rind ½.	Salt 2 tablespoons.
Flour.	Lard and butter.

Cut the rind into strips 1 by 2 inches, trimming off and discarding the red part and the tough outer skin. Cook in 2 quarts of boiling water, salted, for 10 or 15 minutes until they are tender. Remove from the fire and drain on a clean towel, then dip them in flour and fry in lard and butter until they are golden brown on both sides. J. E. WHITNEY.

KITCHENETTE COOKERY



KITCHENETTE COOKERY

Utensils—Marketing

The problem of marketing for the smaller family of three is quite similar to that for the average family of five. There must be a budget for the different foods—protein, fat, carbohydrates, green vegetables, etc. The scale of the family must not be changed because of its size.

The best method by which the smaller family can economize on meats is to buy larger and less expensive cuts and plan it in the meals for several days.

Staples, fresh fruit and vegetables are sold by the pound for the same price whether in small or large quantities, so there is no added problem for the small family in purchasing these.

NECESSARY UTENSILS.

I. Flat Wear.

Utility knife.
Paring knife.
Carving knife.
Carving fork.
Steel fork.
Spatula.
Twelve-inch spoon (metal).
Six-inch spoon (metal).
Wooden spoon (tablespoon).
Measuring spoons (set).
Cake turner.
Flat egg beater.
Round egg beater.
Bottle opener.
Can opener.
Fine sieve.
Coarse sieve.

II. Utensils.

Measuring cup.
Nest of saucepans (from 2 quarts to 1 quart, covers).
Skillet, 12-inch.
Griddle, 8-inch.
Soup kettle, 3 quarts, cover.
Cake pan, small (tube).
Cake pan (loaf).
Pie tins, 2.
Biscuit tin.
Baking sheet.
Muffin tin (8 muffins).
Coffee percolator.
Teapot.
Double boiler, 2-quart.
Meat grinder.
Lemon squeezer.

Flour container.

Sugar container.

III. Dishes.

Dinner plates, 3; supper plates, 3;
sherbet glasses, 3; salad plates, 3.
Bread and butter plates, 6.
Vegetable bowls, 3.
Bread plate, 1.
Cake plate, 1.
Cups, 3.
Saucers, 3.
Cream pitcher, 1.
Sugar bowl, 1.
Relish dish, 1.
Meat platter, 1.
Gravy bowl, 1.
Cereal bowls, 3.
Side dishes, 6.
Soup dishes, 3.
Service glasses, 6.
Cocktail glasses, 3.

IV. Linens.

Breakfast set, 1.
Table cloths, 2.
Napkins, 6.
Tea towels, 10.

V. Silver.

Supper knives, 3.
Supper forks, 3.
Salad forks, 3.
Teaspoons (large), 3.
Teaspoons (small), 3.
Dessert spoons, 2.
Tablespoons, 2.
Serving fork, 1.
Serving knife, 1.
Soup spoons, 3.

Marketing

The housewife who has learned to buy wisely has acquired a store of knowledge from many sources, the principal one of which is experience.

There are a few general rules which one may follow to gain this knowledge. First, every housewife should be familiar with all the retail cuts of beef, pork, lamb and veal. (See charts.) She should know when they are in season, if they are strictly seasonable. (See table.) It is of the utmost importance to know the more tender cuts, the less tender cuts, those suitable for roasting, baking, broiling and stewing or variations of these methods. After a cut is recognized it must be judged as to quality by the appearance and fiber. Tender meats of any variety have small fiber and delicate color. The tough cuts have the coarser fiber. The color of the meat indicates the age and the condition of the carcass.

There are a few points which might be of help to the young housewife concerning the selection of fowl for frying, broiling, baking and stewing. The housewife should be her own judge because she knows her methods of cooking. One person prefers a larger and firmer fowl for broiling or frying, as she applies the heat for a greater length of time and obtains as tender a cooked fowl as if one had cooked a younger one a shorter length of time. Fowls which are to be baked should have firm yellow fat over the breast and back. Nothing will equal the flavor of the fat on a well-fed fowl. A slightly older fowl may need a few minutes more per pound, but the meat will be better flavored if the fowl is older.

Vegetables and fruits have certain telltale marks. There is some economy in buying fruits which are slightly withered for cooking purposes. The main loss at first is the sugar, but this is compensated with cane sugar in the cooking. Fresh fruits and vegetables are expensive, but they are high in food value. Vegetables and fruits lose value as they lose freshness. One may bring back the appearance of freshness, but it is not possible to bring back the food value to shriveled corn, lettuce, carrots, peas, and other vegetables.

The main purpose in freshening fruits and vegetables is to make them cook more quickly and to give them a better appearance when they are cooked.

Canned foods differ, and only by experimenting can the housewife know which canned foods suit her needs and her price in the budget.

Canned foods have improved in quality and decreased in cost so that home canning is seldom an economy. A small amount of canning is worth while for the personal satisfaction it brings. The new enamel-lined cans which are used by all commercial canners are as safe as the enamel pan in the kitchen.

Staples such as sugar and cereal, etc., are easier to judge. Cereals made of the whole grain spoil more quickly than those which are more highly refined, hence they should be bought in smaller packages and used soon after they are opened.

Care of Food.

The modern housewife has all the conveniences with which to take the proper care of food.

The staple products are placed on the market in a scientific and sanitary condition. This is a great help to the housewife. All that is necessary in the home is a cool, clean place for the food. Strong-flavored foods, such as spices, should be in well-covered glass or tin containers. It is better to separate these foods from other staple foods such as nuts, dried vegetables or fruits. The spice of the stronger condiments will flavor the milder foods even though the latter are in wax paper or heavy paper containers.

TEN MINUTE M E A L S



TEN-MINUTE MEALS

Those who try to keep a home, yet have a limited time to spend preparing meals, often call upon canned foods or delicatessens for part of the meal.

Canned foods are superior in many respects to some steam table foods because the food in the can has been put up while fresh in a manner which retains all the original food values. The food in the steam table loses value as it is kept over the slow heat. Freshly prepared and served foods from the steam table are equivalent in value to those prepared in the home.

Canned foods are usually less expensive than delicatessen products.

There are many meats which may be cooked in less time than it takes to set the table. Pork tenderloins will pan broil in ten minutes, beef patties in eight. A slice of cured ham will cook in ten minutes either in the skillet or in the broiler. Pork chops, lamb chops, mutton chops or club steaks may be broiled or pan broiled in ten minutes. Calf's liver cut thin may be scalded and cooked in the same length of time. There are many canned foods which give unlimited variety to the meal.

The carbohydrate foods as a rule need more than ten minutes' cooking, but there are ways around this. Shoestring potatoes will cook in less than eight minutes, the thinly sliced French fried potatoes in ten. The milk macaroni which is already cooked may be added as a starch to the meal. Canned foods which furnish starch may be used in the "hurry

up meal." Canned corn, peas and parsnips offer starchy foods.

The green vegetable often would need to be the salad. It takes more than ten minutes to wash and prepare a green vegetable for the cooking. Here again the canned green vegetable offers the best solution.

Suggested Menus.

Tomato juice cocktail

Fried liver

Buttered parsnips, corn muffin

Head lettuce salad, French dressing

Chocolate eclair

Coffee

Fruit cocktail

Broiled T-bone steak

Quick macaroni, tomato sauce

Bread, butter

Cress and green pepper salad

Pound cake

Coffee

Broiled ham, French fried potatoes

Canned Brussels sprouts

Sliced tomatoes, Russian dressing

Whole-wheat bread, butter

Marmalade

Lamb chops, green peas

Sliced cucumbers, mayonnaise

Rye bread, butter

Fresh pineapple, cookies

Coffee

Meat patties, brown gravy

Canned peas and carrots

Baking powder biscuits, jelly, butter

Canned peaches, whipped cream

Coffee

Fried pork chop, gravy

Boiled Irish potatoes

Chilled canned tomatoes

Bread, butter

White cherries, cookies

Coffee

SEASONABLE M E N U S



SEASONABLE MENUS.

The seasonable menus which follow were planned to offer a balanced diet to help the housewife in her important duty of sustaining the best possible health of her family.

They are not elaborate or difficult, but instead plain and wholesome. They take into consideration that the body must have protein foods to repair and build body tissue; carbohydrates, sugar and fats to furnish energy and warmth to the body; and minerals, vitamins, water and bulk to protect, regulate and systematize the body. Minerals and vitamins were for years considered of little food value, but now they are known to be of the greatest importance in their own value and in their relative value to other foods. Minerals give the necessary reaction in the digestion of certain foods to make them nourishing. Vitamins are the source of normal appetite for food.

First of all, the meal must be complete in these foods and correctly prepared, but the combination of flavors and their appearance are of utmost

value to maintain the proper interest in the daily diet.

Flesh meats are important for the easily digested protein and the amino-acids. They are the most expensive form of protein.

Legumes are the least expensive protein food, but should be used to supplement flesh meats, not to substitute them.

Cereals and their by-products are the cheapest food, but they are not a complete diet. It is more healthful and economical to use the finely ground whole-grain products, as they are not robbed of their mineral content.

Vegetables and fruits should be added in every day's menus; one fresh and two cooked should be the minimum. One can scarcely eat too many fresh vegetables and fresh fruits.

The beverage has been omitted in the seasonable menus, but it is suggested that one quart of milk per child and one pint of milk per adult be included in each day's allowance. Tea or coffee should not be used at more than one meal each day.

Recipes will be found in the index for the dishes mentioned in these menus.

Spring Menus

Monday

Breakfast

Orange juice
Cooked wheat cereal
Toast, marmalade

Luncheon

Spanish omelet
Toast
Lettuce salad
French dressing
Baked apple, cream

Dinner

Clear soup, wafers
Swiss round steak
Gravy.
Mashed potatoes
Buttered asparagus
Canned tomatoes chilled
Baking powder biscuits,
jell, Cake

Tuesday

Breakfast

Sliced oranges
Cooked oats
Baked eggs
Batter cakes, sirup

Luncheon

Cheese sandwiches
Tomato salad
Apple sauce pudding
Cookies

Dinner

Beef hash (left-over)
Creamed cauliflower
with grated cheese
Beet salad Corn sticks
Date pudding

Wednesday**Breakfast**

Stewed fruits
Prepared cereal, cream
Creamed dried beef
on toast

Luncheon

Spanish rice
Lettuce salad
Canned fruit
Cookies

Dinner

Lamb steaks
French fried potatoes
Brussels sprouts buttered
Sliced tomatoes
French dressing
Fruit tarts

Thursday**Breakfast**

Prunes stewed
Plain omelet
Toast, jelly

Luncheon

Creamed tuna on toast
Combination salad
Canned fruit
Cake

Dinner

Baked ham
New potatoes
Green beans, buttered
corn
Spinach soufflé
Pickles Radishes
Butterscotch pie

Friday**Breakfast**

Orange juice
Prepared cereal, cream
Codfish balls
Muffins

Luncheon

Baked macaroni with
cheese
Head lettuce, French
dressing
Fruit, cake

Dinner

Tomato bouillon
Baked smoked salmon
Steamed rice, wax beans
Mixed sweet pickle
Corn muffins
Caramel bread pudding
Cream

Saturday**Breakfast**

Rhubarb sauce
Grilled bacon
Poached egg
Toast, butter

Luncheon

Salmon croquettes (left-
over)
Celery, olives
Apple pie with grated
cheese

Dinner

Tomato juice cocktail
Cold sliced ham (left-
over)
Creamed new potatoes
Buttered peas
Cabbage and green pep-
per salad
White cakes

Sunday**Breakfast**

Grapefruit sections
Waffles, maple sirup
Broiled ham

Dinner

Rhubarb (left-over)
cocktail
Broiled chicken
Parsley potatoes
New spinach
Hot biscuits, jelly
Combination salad
Raspberry sherbet
White cake

Supper

Welsh rarebit
Toast, crackers
Green olives
Celery
Tea cakes

Monday**Breakfast**

Sliced oranges
Batter cakes
Broiled bacon
Sirup

Luncheon

Baked rice
Tomato sauce
Vegetable salad
Oatmeal cookies

Dinner

Sauerkraut juice
Baked beef hash
Fresh radishes
Escalloped cabbage
Canned fruit

Tuesday**Breakfast**

Stewed apricots
Whole wheat cooked
Waffles, sirup

Luncheon

Chicken (left-over)
salad
Salt wafers
Apple tarts

Dinner

Baked brains with eggs
Shoestring potatoes
Spinach molds
Lettuce and tomato salad
Baked pineapple bread
pudding

Wednesday**Breakfast**

Grapefruit sections
Baked eggs
Toast sticks

Luncheon

Vegetable soup
Wafers
Apple pie, cheese

Dinner

Roast loin of pork
Baked sweet potatoes
Buttered green beans
Cucumber salad
French dressing
Cherry and lemon gela-
tin, whipped cream

Thursday**Breakfast**

Orange juice
Broiled ham
Biscuits

Luncheon

Cottage cheese sand-
wiches
Head lettuce salad
Sugar cookies

Dinner

Pork loaf (left-over),
tomato sauce
French fried potatoes
Fresh lima beans
Cole slaw with carrots
Cornbread
Jelly roll, canned fruit

Friday**Breakfast**

Baked apple
Scrambled eggs
Buttered toast

Luncheon

Whole-wheat macaroni
with tomato sauce
Cucumber and water-
cress
French dressing
Cup cakes

Dinner

Clear tomato soup
Salmon loaf
Browned new potatoes
Creamed fresh peas
Asparagus tip salad
with endive
French dressing
Caramel cream pudding

Saturday**Breakfast**

Orange juice
Bacon curls
Raisin bread toast

Luncheon

Cold salmon loaf
Buttered green beans
Bread and butter
Fresh fruit

Dinner

Boston baked beans, chili
Brown bread
Head lettuce salad
Peach shortcake

Sunday**Breakfast**

Stewed prunes
Oatmeal gruel
Sausage, toast

Dinner

Fruit cocktail
Chuck roast
New potatoes and peas
in cream
Asparagus
Baking powder biscuits
Lettuce and cucumber
salad
French dressing
Coffee demi-tasse
Angel food cake

Supper

Chicken a la king
on toast sticks
Ripe olives
Celery curls
Melba toast

Monday**Breakfast**

Stewed apricots and
prunes
Rice flakes
Bacon and toast

Luncheon

Vegetable soup
Cheese sticks
Egg custard

Dinner

Broiled lamb chop
Steamed rice
Baked tomatoes
Brown Betty

Tuesday**Breakfast**

Orange juice
Cooked oats and cream
Batter cakes
Bacon, honey

Luncheon

Cheese soufflé
Fruit salad
Graham bread

Dinner

Broiled steak
French fried potatoes
Baked eggplant
Creamed cauliflower
Celery, radishes
Lemon cream pie

Wednesday**Breakfast**

Stewed figs
Wheat cereal and cream
French toast
Sirup

Luncheon

Stuffed tomatoes
Whole-wheat toast
Apple dumplings

Dinner

Broiled ham
New potatoes
Creamed asparagus
Combination salad
Corn sticks
Pineapple and marsh-
mallow dessert
Cake

Thursday**Breakfast**

Sliced oranges
Egg omelet with ham
(left-over)
Muffins

Luncheon

Tomato soup
Celery hearts
Cheese sticks
Cookies

Dinner

Ground round steak
patties
Mashed potatoes
Buttered beets
Gelatin carrot salad
Date pudding, whipped
cream

Friday**Breakfast**

Half a grapefruit
Poached egg on toast

Luncheon

Buttered beans
Bread, butter
Baked apples, cream

Dinner

Baked finnan haddie
Shoestring potatoes
Stewed tomatoes
Cornbread
Watercress and egg salad
Bread pudding, hard
sauce

Saturday**Breakfast**

Rhubarb stewed with
raisins
Whole-wheat muffins
Bacon

Luncheon

Ham rolls
Vegetable salad
Bread and butter
Cookies

Dinner

Roast beef
Baked potatoes
Spinach
Baked parsnips
Waldorf salad
Lettuce
Gelatin, cream

Sunday**Breakfast**

Grapefruit sections
Waffles, sirup

Dinner

Baked chicken
Carrots
Mashed potatoes,
giblet gravy
Liver dumplings
Lettuce and French
dressing
Raspberry ice and cake

Supper

Date and nut sand-
wiches
Olive sandwiches
Celery hearts
Cake

Monday**Breakfast**

Stewed apricots
Broiled ham
French toast

Luncheon

Tomato soup
Cheese sticks
Lettuce and nut salad
Fruit and cake

Dinner

Beef hash (left-over)
Escalloped cabbage
Hot biscuits, marmalade
Fruit gelatin
Cake

Tuesday**Breakfast**

Orange juice
Sliced bananas, cream
Poached egg
Toast

Luncheon

Whole-wheat macaroni
with cheese
Lettuce salad, French
dressing
Fruit and cookies

Dinner

Beef patties
Escalloped potatoes
Spinach, baked eggplant
Cabbage salad
Bread pudding with
hard sauce

Wednesday**Breakfast**

Sliced oranges
Fried corn-meal mush
Broiled bacon

Luncheon

Clear soup
Croutons
Combination salad with
hard-cooked eggs
Cookies

Dinner

Broiled fish
Tomato sauce
Baked parsnips
Buttered new peas
Apple and celery salad
Date pudding

Thursday**Breakfast**

Half a grapefruit
French toast
Fish roe

Luncheon

Egg omelet
Watercress and tomato
salad
Canned pears
Cookies

Dinner

Sauerkraut juice
Cocktail
Baked ham
Sweet potatoes
Fresh asparagus
Green bean salad
Gelatin salad, jam cake

Friday**Breakfast**

Fresh pineapple
Cereal
Raisin toast

Luncheon

Steamed rice with
tomato puree
Wafers
Canned white cherries
Cookies

Dinner

Broiled filet of halibut
Shoestring potatoes
Creamed Brussels
sprouts
Celery, olives
Chocolate pudding
Cup cakes

Saturday**Breakfast**

Sliced oranges
Broiled bacon
Batter cakes
Sirup

Luncheon

Creamed celery
Nut sandwiches
Fruits (canned)
Cookies

Dinner

Tomato juice cocktail
Sliced lamb (left-over)
Creamed new potatoes
Buttered peas
Lettuce salad, wafers
Butterscotch pie

Sunday**Breakfast**

Grapefruit sections
Waffles with bacon
curls
Maple sirup

Dinner

Fruit cocktail
Baked goose
Rhubarb mint
Stuffed potatoes
Tomato and cucumber
salad
Hot rolls, jelly
Custard ice cream
Angel food cake

Supper

Jellied tongue
Lettuce sandwiches
Ripe olives, celery hearts
Cake
Salted nuts

Summer Menus**Monday****Breakfast**

Fresh pineapple
Cereal
Batter cakes
Sirup

Luncheon

Creamed eggs
Head lettuce
French dressing
Canned fruit
Cookies

Dinner

Creamed goose (left-
over)
Shoestring potatoes
Spinach and lemon
Sliced tomatoes and cu-
cumbers
Custard cream pie

Tuesday**Breakfast**

Strawberries
Fried bacon, egg
Buttered toast
Jelly

Luncheon

Vegetable salad
Cream cheese sand-
wiches
Peanut cookies

Dinner

Pork roast
Baked sweet potatoes
Buttered Brussels
sprouts
Cabbage salad with
green pepper
Fruit gelatin
White cake

Wednesday**Breakfast**

Sliced oranges
French toast
Maple sirup

Luncheon

Creamed pork (left-
over) on toast
Celery hearts
Radishes
Cottage pudding

Dinner

Baked round steak
Brown gravy
Baked potatoes
Creamed onions
Sliced tomatoes
Lemon pie

Thursday**Breakfast**

Oatmeal, cream
Broiled bacon
Hot biscuits
Jam

Luncheon

Beet salad
Whole-wheat bread,
butter
Apple tarts

Dinner

Beef pot pie (left-over)
Steamed carrots, turnips
Cabbage, new potatoes
Pineapple upside down
cake

Friday**Breakfast**

Stewed prunes
Scrambled eggs
Toast

Luncheon

Creamed vegetable soup
(left-over)
Combination salad
Cheese straws

Dinner

Baked halibut
Drawn, butter sauce
French fried potatoes
Cucumber, endive salad
Caramel custard pie

Saturday**Breakfast**

Sliced oranges
Bacon, soft-cooked eggs
Toast

Luncheon

Scalloped parsnips
Whole-wheat muffins
Lettuce salad
Cookies

Dinner

Lamb chops broiled
Creamed new peas and
potatoes
Tomato surprise salad
Baked apple, cream

Sunday**Breakfast**

Half grapefruit
Broiled ham
Waffles

Dinner

Broiled chicken
Mashed potatoes
Steamed asparagus with
Hollandaise sauce
Fruit salad
Frozen custard
Chocolate cake

Supper

Date and orange salad
Cottage cheese sand-
wiches
Green olives
Cake

Monday**Breakfast**

Orange juice
Broiled ham
Batter cakes
Sirup

Luncheon

Whole-wheat macaroni
with cheese
Sliced cucumbers
Toast

Dinner

Baked flank steak with
dressing
Green beans in sour
sauce
Buttered carrots
Watercress salad
Pineapple ice
White cake

Tuesday**Breakfast**

Sliced bananas
Rice cereal
Muffins, bacon
Jell

Luncheon

Blueberry muffins
Fruit salad
Wafers, cheese

Dinner

Meat (left-over roast)
Shoestring potatoes
Buttered beets
Fried eggplant
Sliced tomatoes
French dressing
Baked apple

Wednesday**Breakfast**

Sliced oranges
Prepared wheat cereal
Shirred eggs
Toast

Luncheon

Salmon croquettes
Sliced cucumbers
French dressing
Cheese sticks

Dinner

Pork chops, gravy
Brussels sprouts
Creamed corn
Vegetable salad
Fruit junket
Coconut cake

Thursday**Breakfast**

Half of grapefruit
Cooked cereal
Broiled bacon
Coffee cake

Luncheon

Italian spaghetti
Shredded lettuce
French dressing
Cup cakes

Dinner

Baked beans
Creamed onions
Thickened tomatoes
Sliced cucumbers
Corn bread
Canned cherries
Golden cake

Friday**Breakfast**

Orange juice
Waffles
Sirup

Luncheon

Hot cheese sandwiches
Celery, radishes
Apple pie

Dinner

Broiled fish filets
Tartar sauce
French fried potatoes
Buttered wax beans
Cauliflower with cheese
Sliced tomatoes
Corn muffins
Cake (left-over)

Saturday**Breakfast**

Fresh sliced pineapple
French toast
Bacon

Luncheon

Fish (left-over) salad
Sandwiches
Gingerbread, cream

Dinner

Veal cutlets
Creamed cabbage
Hot corn sticks
Tomato and lettuce salad
Chocolate cream pie

Sunday**Breakfast**

Fresh strawberries
Poached eggs on toast
Marmalade

Dinner

Fruit drink cocktail
Baked chicken, gravy
Fried okra, riced
potatoes
Baking powder biscuits
Pineapple salad
Cheese sticks
Strawberry ice cream
White cake

Supper

Frozen fruit salad
Nut bread sandwiches
Ripe olives
Cake

Monday**Breakfast**

Orange juice
Poached egg
Toast

Luncheon

Mushroom soup
Celery, radishes
Ripe olives

Dinner

Creamed chicken (left-
over)
Green beans, spinach
Cole slaw
Blueberry tarts, cream

Tuesday**Breakfast**

Half of grapefruit
Cooked cereal
Waffles, bacon
Sirup

Luncheon

Combination salad
Nut sandwiches
Cookies

Dinner

Smoked cold loin of pork
Pickled beets, potato
chips
Celery, radishes
Lettuce salad
Red raspberries, cream
White cake

Wednesday**Breakfast**

Half a cantaloupe
Scrambled eggs
Toast

Luncheon

Fruit salad
Boston brown bread
Candy

Dinner

Meat loaf, tomato sauce
Parsley potatoes
Wax beans, carrots
Sliced cucumbers on
cress
Fruit gelatin, cake

Thursday**Breakfast**

Sliced oranges
French toast
Broiled ham

Luncheon

Cold meat loaf
Head lettuce
Canned or fresh fruit

Dinner

Fried liver
New peas, fried parsnips
Radishes, onions
Sliced tomatoes with
French dressing
Cream pie

Friday**Breakfast**

Grapefruit sections
Poached egg on toast

Luncheon

Fruit drink
Creamed shrimp with
peas
Toast
Fresh pineapple

Dinner

Baked fish
Asparagus and Holland-
aise sauce
French-fried potatoes
Corn sticks
Sliced tomatoes and cu-
cumbers
Cake

Saturday**Breakfast**

Half a cantaloupe
Prepared corn cereal,
cream
Toast, bacon

Luncheon

Whole-wheat muffins
Lettuce salad
Fruit drink
Cake

Dinner

T-bone steak
Summer squash
New peas, creamed
Sliced tomatoes, French
dressing
Orange gelatin dessert

Sunday**Breakfast**

Red raspberries
Whole-wheat cereal,
cream
Toast

Dinner

Fruit cocktail
Baked pork
Fresh spinach
Sweet potatoes
Vegetable salad, French
dressing
Hot biscuits
Strawberry shortcake

Supper

Fruit drink
Cheese cake (cold)
Vegetable gelatin
Cake, candy

Monday**Breakfast**

Sliced oranges
Prepared rice cereal
Coffee cake

Luncheon

Fruit salad
Whole-wheat bread and
butter
Cake
Salted nuts

Dinner

Ham loaf
Green beans
Cabbage salad
Fruit salad dessert
Sponge cake

Tuesday**Breakfast**

Fresh pineapple
Waffles, bacon curls
Cherry preserves

Luncheon

Macaroni, cheese
Sliced tomatoes
French dressing
Bread, butter

Dinner

Cold ham loaf
Shoestring potatoes
Celeriac waxed beans
Radishes, mixed pickles
Strawberry shortcake

Wednesday

Breakfast

Grapefruit sections
Prepared wheat cereal
French toast, egg

Luncheon

Tomato surprise salad
Cheese sticks
Cookies

Dinner

Liver, bacon
Buttered Brussels sprouts
Riced potatoes, butter
Cabbage, pepper salad
Corn sticks
Steamed apples
Graham cracker cake

Thursday

Breakfast

Half a cantaloupe
Cooked cereal, cream
Hot cakes

Luncheon

Cheese sandwich on rye
bread
Combination salad
Tea cakes

Dinner

Broiled pork chop
Apple sauce
Spinach, hashed brown
potatoes
Green bean salad
Red raspberries
Cake

Friday

Breakfast

Sliced peaches
Prepared rice cereal
Toast, cream
Currant jell

Luncheon

Egg salad
Lettuce sandwich
Oatmeal cookies
Stuffed dates

Dinner

Broiled fresh fish
French fried potatoes
Buttered carrots
Corn sticks, butter
Cabbage and fruit salad
Strawberry shortcake

Saturday

Breakfast

Fresh raspberries
Poached egg, bacon
Toast

Luncheon

Vegetable salad
Cheese wafers
Cookies

Dinner

Tomato juice cocktail
Broiled lamb chops
Creamed new peas
Sliced cucumbers on let-
tuce, French dressing
Whole-wheat bread,
butter
Baked apple, cream

Sunday

Breakfast

Half a cantaloupe
Prepared cereal, cream
Toast, preserves

Dinner

Fruit juice cocktail
Veal loaf
Creamed potatoes
Buttered beets
Hot baking powder bis-
cuits
Currant jell
Head lettuce salad, may-
onnaise dressing
Red raspberry sherbet
Angel food cake

Supper

Nut sandwiches
Fruit salad
Spiced grape juice
Cake, candy

Fall Menus

Monday

Breakfast

Sliced oranges
Sausage
Buttered toast

Luncheon

Creamed eggs with
chopped bacon
Chowchow
Apple sauce

Dinner

Veal croquettes (left-
over)
Mushrooms and parsley
sauce
Steamed eggplant
Tomato and watercress
salad, French dressing
Whole-wheat bread
Chocolate tapioca pud-
ding

Tuesday

Breakfast

Pears
Prepared rice cereal
cream
Blueberry muffins
Apple jelly

Luncheon

Creamed salmon on toast
Shredded lettuce, French
dressing
Peanut cookies

Dinner

Dried fruit soup
Lamb chops saute
Green beans, potatoes
au gratin
Waldorf salad
Cranberry and raisin pie

Wednesday

Breakfast

Persian melon
French pancake with
orange marmalade

Luncheon

Battered liver sausage
Sweet pickled beets
Bread, butter

Dinner

New England dinner
Corn beef, turnips, car-
rots
Cabbage, onions, pota-
toes
Corn bread
Date pudding

Thursday

Breakfast

Stewed prunes
Corn batter cakes
Broiled bacon

Luncheon

Vegetable soup
Whole-wheat crackers
Baked apple, cream

Dinner

Roast beef, natural gravy
Baked parsnips, creamed
onions
Cabbage slaw with
green peppers
Fruit gelatin, white
layer cake

Friday**Breakfast**

Orange juice
Whole oats cereal,
cooked
Cream
Toast

Luncheon

Spanish rice (brown
rice)
Head lettuce, French
dressing
Stewed figs, tea cakes

Dinner

Beef in gravy (left-over)
Potato pancake,
Mashed turnips
Corn sticks, butter
Celery salad (stuffed
celery)
Apple pie

Saturday**Breakfast**

Grapefruit juice
Whole-wheat muffins
with raisins
Pineapple marmalade

Luncheon

Creamed macaroni
Apple sauce
Vanilla wafers

Dinner

Strained tomato cocktail
Liver and bacon
Potato balls with butter
and parsley
Green beans
German celery root salad
Sour milk biscuits
Orange sherbet

Sunday**Breakfast**

Grapes
Bacon, poached egg on
toast
Jelly

Dinner

Oyster cocktail
Prime rib roast, brown
gravy
Rissolle potatoes
Brussels sprouts
Hot rolls, butter
Frozen perfection salad
Mayonnaise dressing
Peach shortcake,
whipped cream

Supper

Waffles, crushed rasp-
berries
Salted nuts, bonbons

Monday**Breakfast**

Grapefruit sections
Cooked whole oats
cereal
French fried toast
Bacon
Maple sirup

Luncheon

Combination vegetable
salad
Whole-wheat bread,
butter, jam
Sliced peaches, cream

Dinner

Clear tomato soup
Roast beef (left-over),
browned potatoes, brown
gravy
Spinach cooked in
lemon juice
Hot light rolls, butter
Sliced cucumbers on
cress, French dressing
Pineapple upside down
cake

Tuesday

Breakfast

Stewed prunes
Graham muffins, butter
Peach marmalade

Luncheon

Creamed eggs on toast
Shredded lettuce, cooked
dressing
Fresh fruit

Dinner

Beef hash, gravy
(left-over)
Corn custard
Sliced tomatoes, green
peppers
Mayonnaise dressing
Hot baking powder bis-
cuits
Caramel mousse, cake

Wednesday

Breakfast

Grapes
Prepared whole-wheat
cereal, cream
Poached egg on toast

Luncheon

Vegetable salad, mayon-
naise dressing
Bread and butter
Baked apple, cream

Dinner

Roast pork loin, gravy
Candied sweet potatoes
Green beans, buttered
beets
Hot corn sticks, butter
Cole slaw
Tapioca pudding, cream

Thursday

Breakfast

Orange juice
Buckwheat cakes, sau-
sage

Luncheon

Tomato stuffed with
pork (left-over)
Bran muffins
Apple sauce, cookies

Dinner

Sauerkraut juice cocktail
Breaded veal
French fried potatoes
Wax beans
Whole-wheat bread,
butter
Apple salad
Fruit gelatin, white cake

Friday

Breakfast

Persian melon
Shirred eggs
White muffins, butter
Marmalade

Luncheon

Tomato juice cocktail
Individual cheese souffle
Wafers, pickles, olives
Stewed prunes, cream

Dinner

Cream of celery soup
Fried catfish
Shoestring potatoes
Stewed tomatoes
Corn sticks, butter
Head lettuce, French
dressing
Apple tarts

Saturday**Breakfast**

Prepared rice cereal
Broiled bacon, toast

Luncheon

Vegetable luncheon
Cheese rice balls, new
lima beans, fried okra,
cooked tomatoes,
cole slaw, corn
muffins
Baked apple

Dinner

Beef bouillon
Stuffed hearts with
celery dressing
Mashed potatoes
Buttered Brussels sprouts
Bread and butter
Fruit salad dessert
Whipped cream

Sunday**Breakfast**

Sliced oranges
Waffles, bacon, eggs
Maple sirup

Dinner

Shrimp cocktail
Celery hearts
Chicken cooked in deep
fat
Rissolle potatoes
Pickled pears
Hot bread, butter, jelly
Perfection salad, wafers
Date icebox cake
Whipped cream

Supper

Frozen fruit salad
Nut sandwiches
Cheese sandwiches
Olive sandwiches
Hot grape juice
cakes
Salted nuts

Monday**Breakfast**

Orange juice
Corn cakes, molasses

Luncheon

Combination salad
Roquefort cheese, wafers
Oatmeal cookies

Dinner

Beef bouillon, wafers
Chicken patties (left-
over)
Mashed potatoes
Fresh vegetable salad
Apple Betty, hard sauce

Tuesday**Breakfast**

Stewed figs
French toast, bacon
curls

Luncheon

Relish sandwiches
Cup custard

Dinner

Fruit cup
Roast pork
Apple sauce, spinach,
lemon
Lyonnais potatoes
Green bean and pickled
beet salad
French dressing
Hot corn sticks
Grapefruit juice frozen
Marguerites

Wednesday**Breakfast**

Persian melon
 Corned beef hash,
 browned
 Toast, butter

Luncheon

Peas, carrots, celery,
 cheese salad
 Cooked dressing
 Icebox cake

Dinner

Sliced pork (left-over)
 Grits, boiled turnips
 Yellow wax beans
 Baking powder biscuits
 Apple pie, cheese

Thursday**Breakfast**

Orange juice
 Bran muffins
 Shirred eggs, toast

Luncheon

Tuna fish salad
 Buttered peas
 Fresh pears

Dinner

Creamed tomato soup,
 wafers
 Calf's liver and bacon
 Whipped potatoes
 Green beans
 Mexican slaw
 Sour milk biscuits
 Grape pie

Friday**Breakfast**

Stewed prunes
 Buckwheat cakes, sirup

Luncheon

Welsh rarebit, wafers
 Head lettuce salad
 French dressing
 Ginger snaps, cider

Dinner

Grape juice cocktail
 Broiled salmon
 French fried potatoes
 Spoon corn bread
 Sliced tomatoes, Rus-
 sian dressing
 Orange ice, lady fingers

Saturday**Breakfast**

Grapefruit
 Bran muffins, butter
 Pineapple marmalade

Luncheon

Little pork sausages
 Creamed asparagus on
 toast
 Fruit juice gelatin
 Vanilla wafers

Dinner

Cream of celery soup
 Boston baked beans,
 pork
 Boston brown bread
 Apple and cabbage salad
 Cherry pie

Sunday**Breakfast**

Sliced peaches and
 cream
 Soft-cooked eggs
 Whole-wheat toast,
 butter

Dinner

Clam chowder
 Celery hearts
 Roast sirloin of beef,
 gravy
 Rissole potatoes
 Brussels sprouts
 Cloverleaf rolls, butter
 Apple jelly
 Grapefruit salad, French dressing
 Ice cream
 White butter cake

Supper

Cherry gelatin salad
 Cream cheese sand-
 wiches
 Bonbons, salted nuts

Monday

Breakfast

Honeydew melon
Cooked oats cereal,
cream
Buttered toast, eggs
Jelly

Luncheon

Tuna croquettes
Head lettuce, French
dressing
Apple tarts

Dinner

Sliced beef (left-over)
American fried potatoes
Wax beans, buttered peas
Sliced tomatoes, French
dressing
Baking powder biscuits
Vanilla custard

Tuesday

Breakfast

Stewed apricots
Hominy grits, pork
chops

Luncheon

Vegetable salad
Bran bread sandwiches
Fresh fruit
Cookies

Dinner

Clear bouillon
Veal loaf, browned gravy
French artichokes, Hol-
landaise sauce
Sliced cucumbers,
French dressing
Hot rolls, butter
Pumpkin pie, whipped
cream

Wednesday

Breakfast

Orange juice
French toast, sirup
Broiled bacon

Luncheon

Whole-wheat macaroni,
cheese sauce
Sliced tomatoes, French
dressing
Dessert fruit salad
Cookies

Dinner

Cream of tomato soup
Creamed veal loaf (left
over)
Baked squash
Corn souffle
Fresh cucumber and
pepper
Hot bread, butter, jam
Fresh peach pie, cream

Thursday

Breakfast

Cantaloupe
Fried corn meal mush
Broiled bacon

Luncheon

Cream of celery soup
Lettuce salad, French
dressing
Wafers, bran bread
Cookies

Dinner

Tomato juice cocktail
Fresh pork steaks
fricassee
Baked sweet potatoes
Spinach
Cole slaw
Corn bread, butter
Baked apples, hard sauce

Friday**Breakfast**

Sliced oranges
Rice cereal, cream
Poached eggs on toast

Luncheon

Raw vegetable salad
Nut bread sandwiches
Rye bread and cheese
sandwiches
Fresh fruit, cookies

Dinner

Grapefruit cocktail
Fried oysters, shoestring
potatoes
Buttered beans
Baking powder biscuits
Combination salad,
French dressing
Lemon meringue pie

Saturday**Breakfast**

Orange juice
Stewed prunes
Batter cake
Broiled ham

Luncheon

Vegetable plate of baked
potatoes, steamed car-
rots, creamed corn,
mashed turnips
Poached egg
Corn muffins, butter

Dinner

Broiled steak
French fried potatoes
Buttered beets, lima
beans
Parker house rolls,
marmalade
Watercress, tomato, cu-
cumber salad
French dressing
Chocolate éclair

Sunday**Breakfast**

Orange juice
Prepared wheat cereal
Cream waffles, bacon
Sirup

Dinner

Fruit cocktail
Cream of mushroom soup
Fricassee chicken, corn
patties
Buttered squash
Hot baking powder bis-
cuits
Sweet peach pickle,
Perfection salad, mayon-
naise dressing
Maple mousse, angel
food cake

Supper

Frozen fruit salad
Assorted sandwiches
Cake, candy, nuts

Winter Menus

Breakfast

Stewed apricots
Cooked cereal, cream
Creamed egg and beef
on toast

Breakfast

Sliced oranges
Popovers, butter
Bacon curls

Breakfast

Pineapple juice with
lemon
Cooked wheat cereal,
cream
Scrambled eggs
Buttered toast

Breakfast

Orange juice
Milk toast

Breakfast

Canned grapefruit
Wheat cakes
Little sausages

Monday

Luncheon

Spanish rice
Head lettuce
French dressing
Fruit juice
Cookies

Tuesday

Luncheon

Macaroni, cheese
Pickled beets
Fruit cookies

Wednesday

Luncheon

Tuna salad
Lettuce sandwiches
Fruit gelatin

Thursday

Luncheon

Escalloped parsnips
Stuffed celery
Fruit salad

Friday

Luncheon

Kidney bean salad
Rye bread sandwiches
with tomato, onion
dressing
Cherry tarts

Dinner

Chicken pot pie (left-
over)
Candied sweet potatoes
Spinach with lemon
Dessert fruit gelatin
Cake

Dinner

Steamed chuck roast,
brown gravy
Rissole potatoes, chopped
parsley
Broccoli and butter
sauce
Baking powder biscuits,
butter
Apple float

Dinner

Vegetable soup
Baked ham (sliced),
steamed rice
Creamed corn
Green bean salad on
lettuce
Bread pudding

Dinner

Roast leg of lamb
Bread dressing, mint
jelly
Cauliflower
Sliced cucumbers
Hot rolls, butter
Caramel pie

Dinner

Escalloped oysters
Baked winter tomatoes
Buttered corn
Celery, olives, carrot
relish
Whipped cream banana
pie

Breakfast

Sliced oranges
Bran nut muffins
Bacon curls

Breakfast

Half grapefruit
Fried grits
Broiled ham

Breakfast

Stewed apricots
with prunes
Coffee cake

Breakfast

Sliced oranges with
canned pineapple
Shirred eggs
Buttered toast

Breakfast

Mixed fruit juice
Oatmeal, cream
Cinnamon toast
Apple sauce

Saturday**Luncheon**

Ravioli
Olives, celery
Fruit cup
Cookies

Sunday**Dinner**

Shrimp cocktail
Mushroom cream soup
Roast goose, chestnut
dressing
Candied sweet potatoes
Brussels sprouts
Head lettuce salad
Cheese dressing
Baking powder biscuits
Pineapple whip
Angel food cake

Monday**Luncheon**

Creamed chip beef on
toast
Cole slaw
Baked apple

Tuesday**Luncheon**

Vegetable soup
Cheese crackers
Tapioca pudding

Wednesday**Luncheon**

Whole-wheat macaroni
Celery, cabbage salad
Blueberry tarts

Dinner

Tomato juice cocktail
Creamed lamb (left-
over)
Creamed onions
Carrots, celery, apple,
nut salad
French apple pie
Cheese

Supper

Welsh rarebit
Toasted wafers
Celery hearts, sweet
pickles
Dessert fruit salad

Dinner

Tomato bouillon
Ground beef patties
Hashed brown potatoes
Buttered carrots
Hot biscuits
Butter, jelly
Caramel cup custard

Dinner

Stuffed flank steak
Baked potatoes, green
beans
Canned tomato relish
Hot rolls, butter
Marmalade
Cranberry pie

Dinner

Broiled pork chops,
gravy, steamed rice
Spinach in drawn butter
Cress and pepper salad
Red raspberries
Cup cakes

Thursday**Breakfast**

Grapefruit sections
Whole-wheat cereal
Salt mackerel
Toast

Luncheon

Cheese fondue
Head lettuce
Wafers
Canned cherries
Cup cakes

Dinner

Stuffed beef heart
Potato balls, asparagus tips
Buttered turnips
Lettuce, Russian dressing
Hot rolls, butter
Butterscotch pie

Friday**Breakfast**

Stewed figs
Wheat porridge
Buttered toast
Marmalade

Luncheon

Creamed codfish balls
Green beans, carrot, celery salad
French dressing
Grapefruit tart

Dinner

Fruit cocktail
Baked red snapper
Baked cucumbers
French fried potatoes
Corn bread sticks, butter
Sliced tomatoes
Deep apple pie

Saturday**Breakfast**

Fresh pineapple
Whole-wheat muffins
Orange marmalade

Luncheon

Tongue sandwiches
Pear salad, French dressing
Chocolate eclair

Dinner

Oyster cocktail
Clear soup, celery
Olives
T-bone steak broiled
Potatoes, broccoli, Hollandaise sauce
Endive salad, French dressing
Coffee mousse, butter cake

Sunday**Breakfast**

Grapefruit sections
Boiled ham rolls
Waffles, butter

Dinner

Clear bouillon
Roast leg of mutton
Mashed potatoes, mint apples
Cauliflower
Hot biscuits
Pineapple and orange salad
Mayonnaise dressing
Icebox pudding, chocolate cake

Supper

Vegetable gelatin salad, mayonnaise dressing
Nut bread sandwiches
Rolled cheese sandwiches

Breakfast

Orange sections
Buckwheat yeast cakes
Little sausage patties

Monday**Luncheon**

Baked squash.
Bran muffins
Butter, honey
Canned peaches

Dinner

Tomato juice cocktail
Mutton pot pie (Irish potatoes, canned peas)
Steamed onions
Head lettuce with lemon juice, oil
Apple tapioca pudding
Hard sauce

Breakfast

Stewed prunes
Broiled bacon
Buttered toast

Tuesday**Luncheon**

Egg souffle
Tomato sauce
White bread, butter
Mulled fruit juice
Coconut cookies

Dinner

Tomato bouillon
Broiled fresh pork steaks
Baked sweet potatoes
Buttered beets
Hot rolls, butter
Endive with horseradish dressing
Ginger cake

Breakfast

Pineapple and orange juice
Whole-wheat cereal, cream
Poached egg
Buttered toast

Wednesday**Luncheon**

Fried eggplant
Spinach, lemon sauce
Fruit gelatin
Cup cake

Dinner

Cream of peas soup
Baked meat loaf, tomato sauce
French fried potatoes
Green bean, celery salad, mayonnaise dressing
Lemon cream tarts

Breakfast

Skinless breakfast figs
Chipped beef
Fried mush

Thursday**Luncheon**

Pork a la king (left over)
Head lettuce, French dressing
Toast, butter
Baked apple

Dinner

(Vegetable dinner)
Baked beans, corn pudding
Cole slaw
Stuffed winter tomatoes (baked)
Brown bread, butter
Pound cake

Breakfast

Orange juice
Oatmeal, cream
French toast, jell

Friday**Luncheon**

Waldorf salad
Boston brown bread (left-over)
Cup custard

Dinner

Sauerkraut juice cocktail with lemon juice
Whitefish steaks broiled
Parsley potatoes
Perfection salad
Corn sticks, butter
Apricot upside down cake, whipped cream

Saturday

Breakfast

Grapefruit sections
Cooked cereal
Scrambled eggs, toast

Luncheon

Egg salad sandwiches
Apple tarts

Dinner

Porterhouse steak
broiled
Natural gravy
Shoestring potatoes
Brussels sprouts
Combination salad, Russian dressing
Cloverleaf rolls

Sunday

Breakfast

Orange section
Cream waffles
Broiled bacon
Sirup

Dinner

Fruit cocktail
Celery cream soup
Roast chicken, giblet
gravy
Corn bread dressing
Mashed potatoes
Creamed carrots
Asparagus, pineapple
salad
French custard cream
White butter cake

Supper

Fruit salad
Nut bread sandwiches
Cheese sandwiches
Olives, sweet pickles
Mulled grape juice
Candy, salted nuts

Monday

Breakfast

Stewed prunes
Buckwheat cakes
Sausage

Luncheon

Chicken bone (left-over)
soup
Lettuce salad
Cheese sticks

Dinner

Sauerkraut juice cocktail
Veal loaf and gravy
Brownied potatoes
Combination salad
Bread pudding, hard
sauce

Tuesday

Breakfast

Sliced oranges
Bran muffins
Ham and eggs

Luncheon

Veal (left-over) hash
Cole slaw
Peach tart

Dinner

Tomato cocktail
Roast rib of beef, gravy
Buttered parsnips
Green beans
Hot rolls
Fruit salad, whipped
cream
White cake

Wednesday**Breakfast**

Apple sauce
Soft-cooked eggs
Buttered toast

Luncheon

Codfish balls
Endive salad
Potato chips
Cookies

Dinner

Fruit cocktail
Beef hash (left-over)
Shoestring potatoes
Spinach soufflé
Celery and olives
Lemon junket

Thursday**Breakfast**

Stewed figs
Batter cakes
Bacon
Sirup

Luncheon

Cheese soufflé
Cabbage relish
Hot rolls

Dinner

Tomato bouillon
Pork chops and brown
gravy
Baking powder biscuits
Rice, green beans
Apple jelly Canned fruit

Friday**Breakfast**

Baked apple
Whole-wheat muffins
Strawberry jam

Luncheon

Creamed tuna in
timbales
Radishes, celery
Prune whip

Dinner

Clear soup
Baked haddock
Tomato sauce
Baked potato
Hot rolls
Cress salad
Green apple pie and
cheese

Saturday**Breakfast**

Orange juice
Cereal and cream
French toast
Maple sirup

Luncheon

Fish chowder
(left-over)
Cole slaw
Corn sticks
Canned pineapple

Dinner

Noodle soup
T-bone steak
Baked Irish potatoes
Escalloped corn
Celery
Lemon cream pie

Sunday**Breakfast**

Half a grapefruit
Bran muffins
Bacon
Marmalade

Dinner

Fruit cocktail
Roast loin of pork
Baked apple
Mashed potatoes
Cauliflower
Watercress and cheese
salad
Pumpkin pie

Supper

Open-faced sandwiches
Ripe and green olives
Mulled fruit juice
Cookies
Candy, nuts

PARTY SUGGESTIONS



PARTY SUGGESTIONS

Bridge Menus.

Menu No. I.

Fruit juice cocktail (orange juice,
lemon juice, canned peach juice)

Lobster canape

Creamed sweetbreads with mush-
rooms and almonds

Stuffed celery hearts, ripe olives

Toasted bread sticks

Tomato jelly mold

Raspberry sherbet

Individual butter cakes

Coffee

Menu No. II.

Cream of mushroom soup

Cheese sticks

Jellied tongue, asparagus tips, Hol-
landaise sauce

Cloverleaf rolls, orange marmalade

Pineapple-mint cherry salad, mayon-
naise dressing

French ice cream, individual angel
food cakes

Coffee

Salted nuts

After Theater Menus.

Menu No. I.

Frozen fruit salad

Dark and white bread ribbon sand-
wiches

Nut bread sandwiches

Whipped cream puff

Coffee

Menu No. II.

Fruit juice cocktail

Creamed crabflakes, toast points

Vegetable gelatin salad, olives

Marguerites

Coffee

Menus for Tea.

Menu No. I.

Selection of open-faced sandwiches
(meat salad, fruit and nut, green
olive spread, cheese and jelly
sandwiches)

Coconut, pineapple, celery and mint
salad

Tea, lemon points, cinnamon drops
Candied ginger gumdrops

Menu No. II.

Fruit salad, cheese biscuits

Tea, lemon, ginger, cloves

Maple mousse, French tea cakes

Menu No. III.

Creamed chicken in timbales

Sweet pickles, olives, stuffed celery

Russian chocolate, lemon sherbet

Reception Menus.

Menu No. I.

Fruit cocktail

Pressed meat loaf, vegetable gelatin
mold

Bread and butter sandwiches

Midget pickles, olives, radish roses

Individual cakes, white, dark

Coffee

Menu No. II.

Mulled fruit juice

Cheese and nut salad mold

Salt wafers, pickles

Strawberry cream, cake

Coffee

Breakfast Menus.*Menu No. I.*

Grapefruit sections
Fish balls, toast
Pecan waffles, honey
Coffee

Menu No. II.

Cantaloupe cocktail
Creamed mushrooms and chicken
Pineapple-cherry salad
Coffee

Christmas Dinner.*Menu No. I.*

Oyster cocktail
Clear soup, croutons
Roast turkey, chestnut dressing,
mashed potatoes
Cranberry ice
Cauliflower, cheese sauce
Cloverleaf rolls, butter
Currant jelly
White grape, green gage plum and
nut salad
Plum pudding, fruit sauce
Coffee
Candy, salted nuts, candied ginger

Menu No. II.

Fruit cocktail
Noodle soup
Roast duck, corn bread dressing,
gravy
Steamed rice, pickled peaches
Baking powder dumplings
Lettuce, asparagus tip salad
Minced pie, grated cheese
Coffee

Menu No. III.

Tomato and lemon juice cocktail
Bouillon
Roast tenderloin of pork
Cinnamon pineapple rings
Rissolle potatoes, broccoli, Hollandaise
sauce
Light rolls, butter, jelly
Apple, carrot, celery salad
Vanilla mousse, fruit cake, coffee

Thanksgiving Menu.*Menu No. I.*

Grapefruit cocktail
Mock bouillon, wafers
Celery
Roast stuffed turkey, oyster dressing
Mashed potatoes, giblet gravy, cran-
berry ice
Glazed carrots
Hot rolls, butter, jelly
Frozen cheese and pineapple salad
Pumpkin pie
Raisins, nuts, bonbons
Coffee

Menu No. II.

Oyster cocktail
Clear bouillon, cheese cubes
Wafers, ripe, green olives
Radish roses
Roast duck, chestnut dressing, gravy
Lime ice
Candied sweet potatoes, Brussels
sprouts
Cloverleaf rolls, butter molds
Crabapple jelly
Gelatin mold salad (white grapes,
pecans)
Individual mincemeat pies
Coffee

New Year's Dinner.

Menu No. I.

Fruit juice cocktail
Parley soup
Wafers
Rolled roast beef (rare), natural
gravy
Parsley potatoes, asparagus tips
Cloverleaf rolls, butter, pickled pears
Stuffed tomato salad
Fruit ice cream, whipped cream cake
Coffee
Candy, salted nuts

Menu No. II.

Olive entree
Baked ham in orange sauce
Brussels sprouts, candied yams
Celery, radishes
Coconut, pineapple, celery, gelatin
salad
Plum pudding
Coffee

St. Patrick's Day Luncheon.

Grapefruit, mint cherry cocktail
Tenderloin of pork a la king
Buttered peas in potato mounds
Watercress, pineapple salad
Beaten biscuits
Pistachio ice cream
Individual white cakes, green icing
Coffee

St. Valentine's Day Luncheon.

Crabflake cocktail, beet soup
Ham patties, French fried sweet
potatoes
Celery, radish, cucumber salad (heart
molds)
Strawberry sherbet
Rich butter cakes (individual) with
pink frosting
Coffee, heart-shaped loaf sugar

EATING FOR HEALTH



WHAT FOOD IS FOR

FOOD has three important purposes. It furnishes energy to the body; it repairs wornout tissues and builds up new tissues; and it regulates various chemical changes in the body.

Energy is furnished to the body by nearly all foods. The foods are burned in the body and give off heat. This heat keeps the body warm and provides the power, so that the muscles can be moved, and breathing, the circulation and digestion can go on.

The starches, sugars and fats are the main energy foods. Protein, minerals and water supply the needs for tissue-building substances. Minerals and vitamins are the regulating foods.

In the last twenty years much information concerning various foods has been gathered through experiments carried out on animals. It is not necessary to know the results of all these researches in order to eat a diet which furnishes all of the essential parts and which will maintain the human body at the highest peak of health. There are so many different foods that one can get all kinds and all combinations in the daily diet. With a little care, it is possible to pick foods so that the meals will be of the right sort; that is, they will furnish all of the necessary parts of foods, in the right amounts.

Before one can choose foods in the right way, he must know something about them. In order for the diet to be right, it must furnish enough energy value to meet the daily needs. It must have enough protein and other elements, such as minerals, to build and repair tissues. It must contain enough minerals to take care of the regulation of certain of the body processes, such as regulating the speed with which the body burns food, and the like. There should be the right amount of fats, starches and sugar to supply heat and energy. There must be enough water to act as a carrier for the solid parts in the blood, and also to hold in solution various salts in the body. There must be enough of all the vitamins which are necessary for growth, good health, and the proper working of the human body. There must be enough bulk in the diet to bring about regular elimination. The food must be digestible. The foods should also be prepared so that they taste good, else they will not be eaten.

First of all, let us consider the energy requirement of the diet. The fuel value is measured in terms of calories. A calorie is the amount of heat needed to warm about one-quarter teaspoonful of water two degrees Fahrenheit. The average adult needs about two thousand calories daily; the infant needs about forty-five calories per day for each pound of weight, and the child needs from one thousand to thirty-five hundred calories, depending on the age, weight and amount of activity.

Fats, starches and sugars furnish heat. About 10 per cent of the protein food also furnishes heat. Enough fats, starches and sugars must be eaten to give most of the calories. However, not much of these foods should be eaten, because if too many fats, starches and sugars are eaten they will crowd out the necessary vegetables, fruits and protein foods.

The caloric value of various foods has been worked out so that any one may determine how much heat value is contained in the food he eats. This is not necessary unless one is trying to gain weight or lose weight, or has some sickness. In most cases, if one eats as much as he desires of the right foods, he will furnish himself with the required number of calories. However, the diet may contain enough heat value and yet not be adequate or well balanced.

In order for the diet to be proper, from 10 to 15 per cent of the calories must be furnished by proteins. The proteins are made up of substances known as "amino-acids." Up to the present time, about twenty of these amino-acids have been discovered. Certain of them cannot be manufactured in the body and must be taken in the food.

The value of any protein depends upon the number and the amount of amino-acids which it contains. The most prominent protein foods are milk, eggs, cheese, fish, meat and cereals. Milk, cheese and eggs have most of the necessary amino-acids. Beef, also, contains many of them. The various cereals are lacking in one or the other of amino-acids. Vegetables are not a good source of protein, but some vegetables contain a few of the needed amino-acids.

The best rule is to eat eggs, cheese, milk, meat and fish regularly in order to obtain the right amount and the right kind of protein. A pint of milk should be drunk each day by the adult. Eggs may be taken three or four times a week, and a moderate amount of meat five or six times a week.

Professor Henry C. Sherman of Columbia university says that with a full quart of milk in the daily diet of the growing child other foods can be selected without thought of their protein content. This means that the milk can furnish most of the needed protein in the diet of the child.

Minerals

There are many minerals furnished by foods. The ordinary diet probably contains all but four of them in sufficient quantities. However, these four may be lacking unless special efforts are made to include them in the meals. They are lime, phosphorus, iron and iodine.

Lime is needed by the body for the building of strong bones and teeth, for increasing the vigor of the muscles, and for regulating the action of the nerves. The foods rich in lime are milk, cheese, spinach, carrots, lettuce, dried beans, figs, bran and rhubarb. Molasses also is rich in this mineral.

Phosphorus, like lime, is needed for the healthy development of bones, teeth and other tissues. It is found in more kinds of food than lime. This mineral is not only present in large quantities in milk, but also in meat, eggs and whole grains. Other foods rich in phosphorus are fish, dried beans, cheese, peas and currants.

Iron is important because it is found in the pigment in the blood stream, known as "hemoglobin" (*he-mo-glo-bin*). The hemoglobin is the carrier of oxygen. A lack of iron in the diet causes anæmia. The best sources of iron in food, besides liver, are green vegetables, egg yolk and certain fruits. The following other foods are rich in this material: Lean meat, spinach, milk, dried beans, potatoes, chard, raisins and molasses. Lettuce and cabbage are also excellent sources. Prunes, too, furnish this element in goodly amount.

Iodin, the fourth mineral which needs discussion, is required in the internal secretion of the gland known as the "thyroid." A lack of iodine in the body may give rise to goiter, which is an enlargement of the thyroid gland. Goiter is likely to occur in those parts of the country situated inland, since the water and soil of these areas are lacking in iodine. There are many types of goiter, and each kind requires a different sort of treatment. The prevention of this condition includes the use of foods which contain iodine. Seafoods are rich in this mineral. Oysters, cod, halibut, haddock and salmon are rich in this necessary substance. Milk, green, leafy vegetables and fruit have more iodine than other foods, but the place where they are obtained is usually a factor which affects the amount of iodine which they contain. Thus, cows in Massachusetts give milk which has more iodine than that of cows in Illinois. The difference lies in the fact that one cow drinks water and eats food rich in iodine, while the other cow does not get food which contains much of this element. Cranberries, which usually are grown near the sea, have been shown to be a good source of iodine. Green vegetables and fruits, combined with milk and meat, will furnish the necessary mineral elements. Therefore every individual should get his quota of milk, meat, vegetables and fruit each day.

Vitamins

The vitamins are the A, B, C's of health because they are necessary in order that life may go on.

There are five known vitamins which are essential for normal nutrition and growth. When vitamins are lacking in the diet, certain diseases occur.

Quite recently some observations have been made concerning the relationship of the vitamins to the so-called degenerative diseases. This group of diseases includes hardening of the arteries, high blood pressure, diabetes and weakness of the heart muscle known as "myocarditis." An examination of the diets of a large number of people who had these conditions was made, and it was found that they were lacking in the vitamins. By altering the diet so that 70 per cent of the heat value was furnished by vitamin-containing foods, much improvement in the condition of these people was brought about.

The first of the five vitamins now known is called fat-soluble vitamin "A." It is concerned mainly with growth, and without it growth is likely to be stunted. Lack of this vitamin in the diet causes an inflammation of the eye, known as "xerophthalmia." There also has been experimental work to show that lack of vitamin "A" decreases the resistance against infection, especially infections of the respiratory tract.

Vitamin "A" is found chiefly in butter, cream, egg yolk and spinach. This vitamin is also found abundantly in cod liver oil.

Recent studies show that there is a relationship between the greenness of the leaves and the amount of vitamins which they contain. It was found that the outside green leaves of lettuce have more vitamins than the inside yellow leaves and that leaf lettuce has more vitamins than head lettuce.

Water-soluble "B"—the second of the vitamins, is found in the whole-grain cereals, vegetables, milk, liver, eggs and sweetbreads. It is found also in small amounts in certain fruits, such as oranges. Yeast is one of the best known sources of vitamin "B."

It has been shown, most recently, that there are two parts to this vitamin; one of which has been called the "pellagra" preventing and the other the "beri-beri" preventing vitamin "B." Lack of one part of this vitamin causes pellagra; lack of the other part causes the disease known as beri-beri, in which there is paralysis of the arms and legs.

The beri-beri preventing part of the vitamin is found most abundantly in the whole-grain cereals. In the oriental countries the poor classes live on polished rice. The polishing process removes the part of this cereal containing vitamin "B." Beri-beri, therefore, is quite common among the poorer classes in China and Japan.

Foods lose much of their vitamin "B" when they are dried or heated too much.

A lack of vitamin "B" in the diet also causes poor appetite. It has been shown that many babies between six months and a year of age have a lack of this vitamin in the diet and, therefore, have poor appetite. By adding vitamin "B" in the form of yeast, or as an extract of whole-grain cereals, much improvement in the baby's appetite can be brought about.

Water-soluble vitamin "C" prevents scurvy. The citrous fruits, oranges, lemons, lime, grapefruit, tomatoes and cabbage are rich in this vitamin. It is destroyed by "oxidation" or combining with oxygen when heated. Boiling the milk for the baby in order to make it more digestible and to soften the curd destroys some of the vitamin "C" in the milk. For this reason babies who are artificially fed, especially, must be given vitamin "C." Orange juice or tomato juice is given to supply this vitamin for the baby. The breast-fed baby also is given these fruit juices in order to insure a sufficient amount of the vitamin.

Vitamin "D" is necessary so that the body can take up and use lime and phosphorus. Lack of this vitamin in the diet leads to the condition called "rickets." Occasionally an adult gets the disease known as "osteomalacia," which is due to lack of vitamin "D." When the sunlight falls on the bare skin, vitamin "D" is created in the skin. There is a substance known as "ergosterol" in the skin and other tissues of the body, and vitamin "D" is created in it by the action of the ultra-violet rays of the sun. Ergosterol, artificially prepared from yeast, or ergot, when exposed to the ultra-violet rays of a special lamp becomes rich in vitamin "D." Such preparations known as vi-os-ter-ol are now on the market and furnish this vitamin in large amounts. Cod liver oil is the best natural source of this vitamin. The preparations of ergosterol, however, contain as much vitamin "D" in two drops as does a teaspoonful of cod liver oil. However, cod liver oil is one of the best sources of vitamin "A," and therefore is to be recommended for furnishing vitamin "D" to the baby since

by its use the two vitamins will be supplied. Some babies cannot take the cod liver oil or refuse to take it because of its taste. In such cases the viosterol preparations are to be recommended. Vitamin "D" can be created in some foods, also, by exposing them to ultra-violet rays. Certain cereals and milk have been treated in this fashion, and may be used to supply extra amounts of vitamin "D."

In the summer time the best source of this vitamin is the sun's rays. In the winter time cod liver oil, viosterol and foods which have been exposed to ultra-violet rays are the ways to get this vitamin. It is found in small amounts in cream, egg yolk and spinach.

Vitamin "E" is the most recent of the vitamins to be discovered. A lack of this vitamin causes sterility or inability to bear children. This vitamin is found in greatest amounts in the germ part of wheat. It is also found in beans and peas, milk and honey.

It can be seen, therefore, that the best sources of the vitamins are the vegetables, fruits and whole-grain cereals; the dairy products and cod liver oil. The well-balanced diet should contain plenty of these elements in order that all of the vitamins may be furnished. Not only will these vitamins prevent certain diseases, but their abundant use in the diet will prolong life and will increase vigor, energy and strength. They are truly the A, B, C's of good health.

The Need for Vegetables and Fruits

Vegetables and fruits should not be considered as luxuries, but as necessities. They are not as cheap as starchy foods and sugars when they are considered a source of energy, but they furnish minerals and vitamins, and, therefore, are of inestimable value. Iron, lime and phosphorus are supplied by these foods. They also furnish vitamins "B" and "C" and some of them supply vitamin "A." Their bulk makes them of value in preventing constipation.

The Well-Balanced Diet

The well-balanced diet, therefore, must contain an abundance of all varieties of vegetables, root and leafy, plenty of fresh fruits, especially citrous fruits, whole-grain cereals, cod liver oil, milk and butter, with meat and eggs in moderate amounts. The following tables show the number of calories in the average serving of the various foods, as well as the minerals, vitamins and other elements which these foods contain. By following these tables it is possible to use diets which are well-balanced or diets which will furnish the elements of food which are especially desired.

The following menus given for two days furnish a well-balanced diet containing 3,000 calories:

Menu No. I.

Breakfast

- $\frac{1}{2}$ grapefruit
- 1 large serving cracked wheat, $\frac{1}{2}$ cup top milk
- 1 poached egg on toast, $\frac{1}{2}$ tablespoon butter
- 1 slice graham toast, 1 tablespoon butter
- Coffee, with 1 cup hot milk or 1 cup milk to drink

Lunch or Supper

- $1\frac{1}{2}$ cups cream tomato soup
- 1 medium serving vegetable salad, 2 tablespoons boiled dressing
- 1 potato
- 2 thin slices crisp toast or croutons with 1 tablespoon butter
- 1 baked apple, 1 small piece simple cake

Dinner

Bouillon

- 2 small glorified meat balls
- 1 large serving mashed potato, $\frac{1}{2}$ tablespoon butter, little milk
- 1 large serving buttered asparagus, 1 tablespoon butter
- 1 graham roll, 1 tablespoon butter
- 1 medium serving jelly bread pudding
- 1 tablespoon whipped cream
- $\frac{3}{4}$ glass milk to drink

Menu No. II.

Breakfast

- 4 to 6 stewed prunes
- 1 medium serving oatmeal, $\frac{1}{4}$ cup top milk
- 1 slice crisp bacon
- 1 graham muffin, 1 tablespoon butter
- 1 large serving marmalade
- Coffee, with $\frac{1}{2}$ to 1 cup hot milk or $\frac{1}{2}$ to 1 cup milk to drink

Lunch or Supper

- 1 toasted cheese sandwich (2 slices bread, 1 ounce cheese, $1\frac{1}{2}$ tablespoons butter)
- 1 large serving vegetable salad, $1\frac{1}{2}$ tablespoons mayonnaise
- 1 potato
- Fruit cup
- 1 cup cocoa

Dinner

Clear soup

- 2 small lamb chops
- 1 large serving mashed potato, milk, butter
- 1 large serving creamed onions
- 1 roll, 1 tablespoon butter
- Fruit tapioca

Table of Food Values

Name of food	Group I.—Protective Foods						
	Measure	Wt. Oz.	Total Cal-ories	Vitamin A	Vitamin B	Vitamin C	Vitamin D
				Gives Strength, Aids Growth, Prevents Some Eye Diseases and Builds Resistance	Builds Appetite, Helps Growth, Prevents Beri-Beri	Builds Health, Prevents Scurvy	Makes Strong Bones, Prevents Rickets
Meat, Fish, Poultry							
Bacon	Average Helping	½	100				
Beef, Lean	Average Helping	4	200				
Fish, Fresh	Average Helping	4	133				
Fish, Dried	Average Helping	4	133				
Ham, Boiled	Average Helping	2	150				
Heart, Beef	Average Helping	2	100	XX			
Lamb	Average Helping	1 3/5	100				
Kidney	Average Helping	2	100	XX	XX		
Liver, Calf's	Average Helping	2 4/5	100	XX	XX		
Mutton, Roast	Average Helping	1 1/5	100				
Oysters	Average Helping	5 2/5	75				
Pork Chop	Average Helping	2 2/5	200				
Suet	Average Helping	½	100	X			
Sweetbreads	Average Helping	4	133	XX			
Fruits, Fresh							
Apples	½ Large	3 3/4	50		XX	XX	
Bananas	1	4 1/8	75			X	
Cherries	Average Helping	1 1/8	25			X	
Grapefruit	½ Large	7 1/2	100		XX	XX	
Grapes	Average Helping	3 2/3	100		X	XX	
Lemons, Limes	Average Helping	½	5		XX	XXX	
Oranges	1 Medium	7 1/8	75	X	XX	XXX	
Peaches	3 Medium	10 ½	100	XX	XX	XXX	
Pears	2 Medium	6 1/3	100		X		
Pineapple	Average Helping	8 1/5	100	XX	XX	XXX	
Plums	Average Helping	4 2/5	100			X	
Raspberries	Average Helping	1 3/4	33			XXX	
Rhubarb	Average Helping	3 4/5	25			XXX	
Strawberries	Average Helping	4 1/2	50			XXX	
Fruits, Dried							
Dates, Whole	Average Helping	1	100				
Figs	Average Helping	2 1/5	200				
Prunes	Average Helping	1 2/5	100				
Raisins	Average Helping	1	100				
Nuts							
	Average Helping	½	100	X	XX		X
Sugar and Sweets							
Sugar	Average Helping	2/5	50				
Honey	Average Helping	1	100				
Molasses	Average Helping	1 3/5	133				
Sirup	Average Helping	1 1/2	100				
Tapioca	Average Helping	1	100				
Cake	Average Helping	1 1/2	150				
Miscellaneous							
Cocoa	Average Helping	½	75				
Yeast	Average Helping	½	20				

"X" means contains some of the substance.

"XX" means has enough of the substance.

"XXX" means is very rich in the substance.

Table of Food Values

Name of Food	Group II.—Body-Building and Regulating Foods					Group III.—Heat and Energy Giving Foods	
	Protein	Iron	Lime or Calcium	Phosphorus	Cellulose or Roughage	Fats	Carbohydrates
	Builds Muscle and Tissue	Builds Teeth and Bone	Builds Teeth and Bone	Builds Nervous System	Regulates Digestion		Starches Sugars
Meat, Fish, Poultry							
Bacon	X						
Beef, Lean	XXX	XXX				XXX	
Fish, Fresh	XX	XX		XXX		X	
Fish, Dried	XXX	X		XXX			
Ham, Boiled	XXX	X		XX			
Heart, Beef	XX			X			
Lamb	XXX	X				XXX	
Kidney	XX			X			
Liver, Calf's	XX	XXX				XX	
Mutton, Roast	XX	X		XX			
Oysters	XX	XXX		X		XX	
Pork Chop	XXX	X		XXX			
Suet				XX		XXX	
Sweetbreads	X					XXX	
Fruits, Fresh							
Apples							XX
Bananas							XX
Cherries							XX
Grapefruit							XX
Grapes							XX
Lemons, Limes							XX
Oranges		X	XX				
Peaches							XX
Pears							XX
Pineapple							XX
Plums							XX
Raspberries							XX
Rhubarb							XX
Strawberries		XX					XX
Fruits, Dried							
Dates, Whole		X					XXX
Figs			XX		X		XXX
Prunes		X			X		XXX
Raisins		X			X		XXX
Nuts	XXX					XXX	XX
Sugar and Sweets							
Sugar							XXX
Honey							XXX
Molasses							XXX
Sirup							XXX
Tapioca							
Cake	X					XX	XX
Miscellaneous							
Cocoa	XX					XX	
Yeast		XX					XX

A whole grain cereal or whole grain bread should be served every day.

Drink from four to eight glasses of water daily, some between meals.

Table of Food Values

Name of Food	Measure	Wt. Oz.	Total Cal- ories	Group I.—Protective Foods			
				Vitamin A	Vitamin B	Vitamin C	Vitamin D
				Gives Strength, Aids Growth, Prevents Some Eye Diseases and Builds Resist- ance	Builds Appetite, Helps Growth, Prevents Beri-Beri	Builds Health, Prevents Scurvy	Makes Strong Bones, Prevents Rickets
Milk & Milk Products							
Buttermilk—	1 Glass	8	85	X	XX	X	
Milk, Whole—	1 Glass	8	170	XXX	XX	X	
Cheese, American—	Average Helping	2/3	89	XX	XX		
Cheese, Cottage—	Average Helping	2	62				
Cream—	Average Helping	1	50	XXX	XX	X	
Butter—	Average Helping	1/2	100	XXX			
Ice Cream—	Average Helping	5	320	XXX			
Fat and Oils							
Animal Fat—	Average Helping	2/5	100				
Vegetable Oils—	Average Helping	2/5	100				
Cod Liver Oil—	Average Helping	2/5	100	XXX		XXX	XXX
Bread and Cereals							
Bread, White—	Average Helping	2/3	50				
Bran, Wheat—	Average Helping	3/5	54		XXX		
Cornmeal—	Average Helping	6	100				
Hominy—	Average Helping	4 3/4	70				
Macaroni—	Average Helping	2 3/5	50				
Oatmeal—	Average Helping	5 1/4	67		XX		
Rice—	Average Helping	4	100		XX		
Wheat, Kernel—	Average Helping	2/3	75	XX	XXX		
Eggs							
Eggs, Whole—	1	2 1/2	70	XXX	X		
Eggs, White—	1	1	14				
Eggs, Yolk—	1	3/5	56				X
Vegetables							
Asparagus—	Average Helping	1 1/2	10		XXX		
Beans, Navy—	Average Helping	1 3/4	171		XXX		
Beans, String—	Average Helping	1 1/3	15	XX	XX		
Beets—	Average Helping	2	25	X	X		
Brussels Sprouts—	Average Helping	2	20	XX	XX	X	
Cabbage—	Average Helping	1 1/8	10	XX	XXX	XXX	
Carrots—	Average Helping	4	40	XX	XX	XX	
Cauliflower—	Average Helping	2 1/3	20	XX	XX	XX	
Celery—	Average Helping	1 1/5	6		XX	X	
Greens, Dandelion, Turnip—	Average Helping	4 1/3	75	XX	XX	XXX	
Lentils, Dried—	Average Helping	1 1/5	150		XX		
Lettuce, Cress, Chard, Endive—	Average Helping	2 1/3	12	XX	XX	XXX	X
Okra—	Average Helping	2	20		XX		
Onions—	Average Helping	7 1/5	100		XX		
Peas, Dried—	Average Helping	2 4/5	253		XX	XX	
Peas, Green—	Average Helping	1 3/4	50	XX	XX	XXX	
Potatoes, White—	Average Helping	3 3/5	100	X	XX	XX	
Potatoes, Sweet—	Average Helping	6	200	XX	X		
Radishes—	Average Helping	1 1/5	10	XX		X	
Spinach—	Average Helping	5 1/4	25	XXX	XXX	XXX	
Squash—	Average Helping	3 7/8	55	XX			
Tomatoes—	Average Helping	3 4/5	25	XX	XXX	XXX	
Turnips, White—	Average Helping	2 1/4	25		XX		
Turnips, Yellow—	Average Helping	2	17	XX		X	

Use at least one-half pint of milk daily for each adult, and a pint for each growing child.

In addition to potatoes, serve daily one green vegetable, a salad and fruit in some form.

Table of Food Values

Name of Food	Group II.—Body-Building and Regulating Foods					Group III.—Heat and Energy Giving Foods	
	Protein	Iron	Lime or Calcium	Phosphorus	Cellulose or Roughage	Fats	Carbohydrates
	Builds Muscle and Tissue	Builds Teeth and Bone	Builds Teeth and Bone	Builds Nervous System	Regulates Digestion		Starches Sugars
Milk & Milk Product							
Buttermilk	X		XXX				
Milk, Whole	X		XXX	X		XX	
Cheese, American	XXX		XX	X		XXX	
Cheese, Cottage			XXX				
Cream				X		XXX	
Butter						XXX	
Ice Cream						XXX	XXX
Fat and Oils							
Animal Fat						XXX	
Vegetable Oils						XXX	
Cod Liver Oil						XXX	
Bread and Cereals							
Bread, White	X						XXX
Bran, Wheat	XX	XX		XX	XXX		XXX
Cornmeal							XXX
Hominy							XX
Macaroni							XXX
Oatmeal	XX						XXX
Rice	XX						XXX
Wheat, Kernel	X		X			X	XXX
Eggs							
Eggs, Whole	XXX		XX			XX	
Eggs, White	XX						
Eggs, Yolk	X	X	X			XX	
Vegetables							
Asparagus					XX		
Beans, Navy	XX	XX	XX	XX		X	XX
Beans, String	X	X	X				
Beets						XX	
Brussels Sprouts			X		X		
Cabbage			X		XX		
Carrots			X		XX		
Cauliflower			XX				X
Celery			X		XX		
Greens, Dandelion							
Turnip		XXX	XX	X	XX	X	
Lentils, Dried	XX			XX			
Lettuce, Cress,							
Chard, Endive		X			XX		
Okra			X		X		X
Onions			X	X	XX		
Peas, Dried	XX	XX		XX			XX
Peas, Green	X	X	X			X	
Potatoes, White		XX		X			XX
Potatoes, Sweet		X		X			
Radishes							
Spinach		XXX		X	X	X	XX
Squash							
Tomatoes		X	X		X		
Turnips, White					X		
Turnips, Yellow			X				

Use the chart in selecting those foods which will supply all the needed elements, giving preference to those marked "XX" or "XXX".

A GUIDE FOR PLANNING A BALANCED MEAL.

Include one food from each column in the daily meals.

Vegetables	Fruits	Milk	Meat	Fats	Sweets	Bread and Cereals
Eat two or more daily with at least one leafy vegetable.	Two or more daily, at least one raw.	From one pint to one and one-half pints daily.	One or more Cheese Eggs	Butter Cream Cheese Bacon Olive oil Lard Vegetable oil Salt pork	Dates Cake Candy Honey Figs Raisins Ice cream Molasses Jellies Macaroni Rice cakes Potatoes Cornmeal whole rye bread Spaghetti Shredded wheat Tapioca Flour Cracked wheat	Whole grain ones are the best.
Leafy Dandelion Spinach Green beans Water cress Brussels Asparagus Lettuce Cabbage	Other Grapefruit Oranges Peaches Figs Pears Raisins Rhubarb Cherries Potatoes Rutabagas Squashes Tomatoes Turnips Wax beans Celery Cauliflower	It may be used in: Cream soups Ice cream Milk Custards On cereal	One animal protein should be taken daily—chosen from Meat Fowl Fish Cheese A vegetable protein may also be included—chosen from Kidney beans Lima beans Navy beans Nuts			

BALANCED MEALS PLANNED FROM ABOVE TABLE.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stewed prunes Farina with cream Creamed egg on Toast Milk	Orange Raisins with milk or cream Bacon Toast and butter Milk	Baked apple Pettichohn, with milk or cream Scrambled egg Toast and butter Milk	One orange Oatmeal with cream Bacon and egg Toast and butter Milk	Ripe banana Puffed wheat with cream or milk Bacon and eggs Bran in milk with butter Milk	Sliced ripe banana Muffins with cream or milk Poached eggs on toast Milk	Grapefruit Rolled oats with cream or milk French toast, sirup Buttered toast Milk
Welsh rarebit Creamed liver Head lettuce salad French dressing Shredded lettuce salad Buttered peas Daily buttered and sliced oranges Milk	Tomato bouillon Cottage or cream cheese salad Cottage or cream cheese Cornbread and butter Fresh peas Stewed peas Milk	Lamb stew Lettuce sandwiches Apple, banana and nut salad Sliced bananas Cocoa Cookies	Tomato bouillon Roast beef Baked potatoes Brown potatoes Creamed carrots Whole-wheat bread Head lettuce with French dressing Ice cream Milk	Baked beans Broiled fish Baked potato Cabbage slaw Shredded lettuce Milk bread and butter Ice cream Milk	Baked fish Tomato salad Stewed tomatoes Sliced peaches with cream or milk Stewed peaches and whole wheat bread Milk	Vegetable omelet Scraped steak Creamed celery Whole-wheat bread and butter Apple sauce Cocoa Cookies
Liver with bacon Baked potato Buttered peas Creamed macaroni Bread and butter Baked banana Milk	Baked ham Poached egg on toast Macaroni au gratin Creamed macaroni Whole-wheat bread and butter Orange and banana gelatin, milk	Cream of vegetable soup Lamb Baked cauliflower Buttered cauliflower Head lettuce with French dressing Bread and butter Crackers and cheese Stewed prunes Milk	Toasted cheese sandwich Milk toast Fruit salad Cake Stewed prunes Cocoa	Puree of pea soup Broiled fish Parsley potatoes Stewed tomatoes Bread and butter Apple pie with cheese Apple sauce Milk	Pork chop Escalloped potatoes Buttered spinach Bread and butter Cream tapioca, pudding with milk Milk	Swiss steak Poached egg Mashed potatoes Siring beans Celery and cabbage Bread and butter Ice cream Milk

HOW TO GAIN WEIGHT

From the standpoint of health it is just as important to prevent underweight as overweight. Malnutrition reduces resistance to disease.

Underweight is of much more importance in the child than in the adult. Perhaps the greatest reason for the desire of adults to gain weight is that of conforming to the "dictates of fashion." Some folks are short and fat, while others are tall and thin. Part of the fat ones want to get thin and many of the thin ones would like to get fat.

When good health demands it, this desire should be encouraged. When heredity indicates that thinness is the natural state, the desire to gain weight should probably be discouraged. Children of slender inheritance may never be fat, but they can, in a great majority of cases, be well nourished. In children, then, the chief fight is against malnutrition. In the adult, the putting on of weight merely means putting on fat which, in many instances, is unnecessary. However, those adults who, in reality, are truly underweight will be improved in health by gaining weight.

In many instances, unfortunately, it is somewhat difficult to make a gain in weight. There are two factors of importance in order to do this, just as there are two factors in losing weight, and they are the same two—diet and exercise. For the one wishing to gain weight, the output of energy in the form of exercise and work must be cut down, while the diet must be increased.

Here are six rules which have been suggested for cutting down on the output:

1. Slow up, exercise less and learn to relax.
2. Sleep more at night and take a rest period during the day.
3. Ride more and walk less.
4. Sit more and stand less.
5. Choose only light forms of play and exercise.
6. If possible, rest in bed for one or two weeks.

Persons who are young and full of spirits have more difficulty in decreasing their output of energy than in increasing their food intake. Youth is eager to get rid of his excess energy as soon as any accumulates. There are too few hours in his busy day to spend many of them in sleeping.

The diet for gaining weight, just as the diet for losing weight, must be well balanced, and contain all of the necessary food elements. In planning the diet this is the matter which must receive prime attention. The following is a list of foods which will supply all of the necessary building materials and regulators:

Two large servings of fresh vegetables a day; one of them to be a leafy vegetable.

Raw vegetables twice a week.

More vegetables may be taken if desired.

Fruit twice a day, one of them to be a citrous fruit, such as oranges or grapefruit. Tomatoes may be substituted for the latter.

A pint to a pint and a half of milk a day.

Meat once daily and an egg once daily.

Breads and breakfast foods should be of the whole-wheat type.

Potatoes should be eaten once a day.

One to two teaspoonfuls of cod liver oil should be taken daily, when a sun bath is not taken.

Six to eight glasses of water should be drunk daily.

In those areas of the country where goiter is common, iodine-containing foods, such as seafish, especially shellfish, should be eaten. It may be necessary, in some cases, to use a preparation containing iodine, as prescribed by the physician. With these thoughts in mind, a diet for gaining weight can be planned.

To increase the amount of food taken in, concentrated foods should be eaten. It is also advisable to eat an extra lunch or two during the day. It is said that vitamin "B," which is found in all fruits and vegetables, will increase the appetite.

Concentrated foods are: Fat meats, rich sauces, such as milk, gravies, hard sauce, drawn butter sauce, cream, cheese and extra butter in the vegetables and sauces. Fluid foods such as milk, chocolate and cocoa should replace such beverages as water, coffee and tea.

Dry fruits contain more calories in less bulk than fresh fruits. Therefore these should be eaten by the one who wishes to gain weight. Protein, starches and sugars as well as fats should be eaten every day.

It is difficult for those who naturally tend to be thin to gain weight. But if every effort is made to eat more, rest more, and exercise less, there is bound to be a gain.

The adult engaged in the usual type of activities needs about 3,000 units or calories a day. For an individual desiring to gain weight, a diet containing about 3,500 calories is useful. Here is a diet that is usually quite satisfactory:

Breakfast

1 glass orange juice.
4 tablespoons cooked cereal.
1 slice toast.
 $\frac{1}{2}$ glass cream.

3 tablespoons apple sauce.
1 egg.
1 tablespoon jam.
2 squares butter.

Lunch

4 tablespoons carrots with
butter.
Tomato salad made with
1 tomato.
1 leaf lettuce.
1 tablespoon mayonnaise.

3 tablespoons cottage cheese.
2 half peaches.
1 full slice bread.
2 squares butter.
1 glass milk and cream, $\frac{1}{2}$ and $\frac{1}{2}$.

Dinner

3 tablespoons mashed potatoes.
3 tablespoons squash.
1 full slice bread.
3 squares butter.
1 large serving ice cream.

2 ounces broiled steak.
 $\frac{1}{4}$ head lettuce salad.
1 tablespoon mayonnaise.
1 glass milk and cream, $\frac{1}{2}$ and $\frac{1}{2}$.

Meals Selected from This Diet

1.

Breakfast:

- Sliced oranges.
- Whole-wheat cereal, 1 medium serving.
- 1 cup milk.
- 1 egg.
- 1 slice bacon.
- 1 slice whole-wheat bread.
- 1 tablespoonful of butter.

Lunch:

- 1 large serving peas or beans.
- 1 glass milk.
- 2 graham bread sandwiches.
- 2 tablespoonfuls butter.
- 1 cooky.

Dinner:

- 1 large serving oysters, other shell-fish or seafish.
- 1 large potato.
- 1 tablespoonful butter.
- 1 large serving vegetables, such as beets or carrots.
- 1 slice bread with butter.
- 1 large serving fruit.
- Small piece cake.

2.

Breakfast:

- 1 apple.
- 1 bran muffin.
- 1 tablespoonful jelly.
- 1 cup milk.

Lunch:

- 1 large graham bread sandwich.
- Butter.
- Mayonnaise.
- Lettuce.
- Tomato, sliced.
- Bits of left-over meat and bacon.
- 1 large glass milk.
- 1 cooky.

Dinner:

- 1 medium serving meat.
- 1 large potato with butter.
- 1 large serving vegetables, such as onions or turnips with cream sauce and butter.
- 1 slice whole-wheat bread and butter.
- Salad of green, leafy vegetable or fruit.
- 1 medium serving prunes, corn-starch pudding or other dessert.

If, in spite of the use of this diet, along with rest, a gain in weight still does not come about, additional foods will have to be added. By consulting the tables given on pages 304 and 306, which show the caloric value of different foods, such additions as are desired may be made. Inasmuch as the above diet furnishes all of the essential food elements, no consideration need be given to the components of the added foods.

Appetite, of course, is a factor in gaining weight. If the appetite is poor, a great deal of food will not be eaten, so that steps to build up the appetite must be taken. Fresh air and sunshine are appetite builders. Lack of vitamin "B" in the diet will cause poor appetite, so that this vitamin must be taken in abundance. The whole-grain cereals, eggs and milk in the above diet will furnish much of this vitamin.

DIETS FOR REDUCING

The demands of fashion in one respect have become a health hazard. In recent years, fashion has demanded a slim figure, and the efforts of women to reduce have caused much ill-health.

Not all people are built alike; some are naturally short and fat; others are tall and thin, and in between there is a large middle group. It is true that obesity, in itself, is dangerous. It may be responsible for such diseases as diabetes and high blood pressure. But this refers only to the individual who has become fat through overeating.

There are a number of individuals who are fat because of their constitution, because of the action of certain of the glands of internal secretion. For those people to attempt reduction of the weight through dieting only leads to ill-health. Every individual has a weight which is best for himself. The usual height-weight tables are computed by taking the heights and weights of a large number of individuals and drawing up an average. It can be seen at once that not every one can conform to the average. There will be some who are below and others who are above it.

The first step to be taken before reducing is started is to have an examination made in order that the physician may estimate about what the weight should be, and, therefore, whether reduction in weight is really necessary. Secondly, this examination will reveal any disorders of the heart, lungs or other organs which might be indications against the use of a reducing diet.

Once it has been decided that it would be best to reduce, the question then arises as to how much of a reduction in weight should be brought about and how rapidly it should take place.

In most cases a weight loss of more than one or two pounds a week should not be expected or desired. To lose flesh too rapidly will be injurious to good looks as well as to good health. When the reduction of weight is brought about slowly, the skin does not become loose and does not sag. The skin of the hands shows the effect markedly when reduction in weight comes about too fast. The loss of the fat underneath the skin gives the veins on the back of the hand an unsightly appearance because of their prominence in color. The face takes on an anæmic look; it has a yellow color and gives the appearance of wrinkles and old age.

Exercise and diet are the two necessary factors in reducing. Exercise is not so important as diet, since the more one exercises the greater is the desire to eat, so that not much good is obtained.

The first essential of a reducing diet is that it should be well balanced. This means that it should contain sufficient proteins,

fat, starches and sugars, minerals, vitamins, and bulk or roughage. A reducing diet is one in which the amount of food is lessened so that it is enough to keep the body machinery going but not enough to support the outside work of the body. Therefore as long as any work is done, the body uses up some of its own tissue in order to secure energy and the body grows thin.

The fat of the body is the first tissue to be used to supply the necessary energy. For the adult, if the reducing diet is to be carried out for any length of time, it must contain at least 1,400 heat units or calories a day. Some individuals will need more than 1,400 calories, depending upon the amount of work they do and the rapidity with which the weight is being lost. Therefore it is impossible to outline definitely an exact diet which would be suitable for all cases. However, a 1,400 to 1,500 calorie diet can be given as a basic diet.

The individual starts with this diet and keeps a check on the loss in weight. If the loss is more rapid than two pounds per week more food must be added. The following is a diet which has been suggested and it can be satisfactorily used:

1,400 Calories Reducing Diet for Adults

A diet low in calories should be comparatively high in fruits, vegetables, milk, eggs and unmilled cereals. These are foods especially valuable as sources of those building materials and regulators so frequently neglected in a low calorie diet.

What to Purchase.

Milk, 2 cups whole or 3 cups skim,
daily.

Eggs, 1 daily.

Meat, $\frac{1}{2}$ pound (1 medium serving)
6 days a week.

Fish, $\frac{1}{2}$ pound (1 medium serving)
once a week.

Potatoes, $\frac{1}{2}$ pound (1 medium serv-
ing) daily.

Green or leafy vegetables, $\frac{1}{2}$ pound
(1 large serving) daily.

Other succulent vegetables, $\frac{1}{2}$ pound
(1 large serving) daily.

Fruit, dried, $1\frac{1}{2}$ ounces (equivalent to
4-5 prunes) twice a week.

Fruit, fresh or canned, average serv-
ing (as 1 apple or 1 orange) 12
times a week.

Cereal, unmilled, 1 ounce (medium
serving) daily.

Explanations.

About $1\frac{1}{2}$ ounces of American cheese
or 5 ounces cottage cheese may re-
place 1 cup milk frequently if de-
sired.

Omit all fat.

Preferably salt-water fish.

Use raw vegetables frequently.

May increase this amount if desired.
May use all fresh or canned fruit if
preferred. May use dried fruit
more frequently.

Use oranges, grapefruit, tomatoes fre-
quently.

What to Purchase.

Bread, graham or entire wheat, 2 ounces (2 slices $\frac{1}{2}$ -inch thick) daily.

Fat, $\frac{1}{2}$ ounce (1 level tablespoon) daily.

Sugar, $\frac{1}{2}$ ounce (1 level tablespoon) daily.

Cod liver oil, $\frac{1}{2}$ tablespoon daily.

Explanations.

As breakfast cereal or for cookies, cakes or thickening. May be replaced by 1 slice whole-wheat or graham bread.

Includes butter fat used in cooking and salad dressing unless made with mineral oil.

Includes all in molasses, jelly, marmalade, desserts.

For lack of time spent in direct sunlight.

Type of Meals Selected from This Diet

No More Total Food than Above Amounts Should Be Included

Breakfast.

Grapefruit (no sugar).

1 medium serving rolled wheat, $\frac{1}{4}$ cup milk (no sugar).

1 egg.

1 slice bread, $\frac{1}{2}$ tablespoon butter.

Coffee, $\frac{1}{2}$ cup hot milk, little sugar.

Breakfast.

4 or 5 stewed prunes.

1 medium serving bran flakes, $\frac{1}{4}$ cup milk, little sugar.

1 slice graham toast, $\frac{1}{2}$ tablespoon butter.

Coffee, $\frac{1}{2}$ cup hot milk, little sugar.

Lunch or Supper.

Large vegetable salad, salt and vinegar.

1 glass milk.

1 slice bread, $\frac{1}{2}$ tablespoon butter.

Tea with lemon, little sugar.

Lunch or Supper.

1 poached egg on 1 piece graham toast.

$\frac{1}{2}$ tablespoon butter.

Large lettuce, cucumber and onion salad, salt and vinegar.

1 glass milk.

Dinner.

Large serving clear or tomato puree soup.

1 medium serving lean meat (no fat).

1 medium serving mashed potatoes with milk but no butter.

Cabbage or other succulent vegetable, salt.

Berries or other fruit (no sugar).

Dinner.

1 large serving clear soup.

1 slice roast beef (no fat).

1 medium baked potato, dish gravy.

1 large serving turnips, seasoned with salt only.

Fresh fruit in season.

1 glass milk.

When the normal adult gets heavier, he usually gets fatter. This does not necessarily mean something serious. Fat is not poison. Fat is useful to the system because it keeps the body warm and is stored as an emergency supply of energy. Fat is dangerous only when it becomes excessive; then it begins to put a burden upon the heart, lungs and other organs. To get rid of excessive fat is a desirable object; to get rid of needed fat is a harmful practice. Here the judgment of the physician is called for.

COOKING FOR BABY

In preparing the baby's food special care must be taken that the food is clean, thoroughly cooked, not burned or undercooked, and that it is not highly seasoned.

During the baby's first two years there are only a few foods which need be prepared in addition to the milk which the baby is given. The first solid food added to the baby's diet is cereal, which is usually given when he is four or five months old. The best cereal used is a whole-grain one, since it will furnish minerals and vitamins which are necessary for good health.

The following things are needed to prepare a cereal feeding:

One level tablespoonful of farina or whole-wheat cereal, or two tablespoonfuls of oatmeal.

Four ounces of water (about one-half glassful).

Four ounces of milk (about one-half glassful).

One-half teaspoonful cane sugar.

Pinch of salt.

Mix all of the ingredients together and boil for fifteen minutes over an open flame. Then cook in a double boiler for one hour.

The next solid food added to the baby's diet is vegetables. A mixture of several different kinds of vegetables is best, since it will give the baby minerals and vitamins and will add bulk to the diet, thus preventing constipation. Vegetables are usually given to the baby when he is about six months old. Sometimes a thick vegetable soup is used in place of the vegetable feeding.

The vegetables should be cooked in so little water that only a small amount or none at all is left to be given to the baby. If cooked in a lot of water, some of the minerals and vitamins will be lost when the extra water is discarded. Green leafy vegetables should be carefully washed before using in order to get rid of the sand, and spinach should not be cooked for more than twenty minutes. Lettuce or cabbage leaves require very little cooking—not more than ten or fifteen minutes. Canned vegetables may be used for the baby when fresh vegetables cannot be had.

To prepare the vegetable feeding the foods needed are:

About two tablespoonfuls of root vegetables, such as carrots, turnips or beans.

About six tablespoonfuls of a green leafy vegetable, such as spinach, lettuce or beet tops.

A tablespoon of rice.

A pinch of salt.

The rice and root vegetables should be cooked over a low

flame for about forty-five minutes or until they are soft. Then the green, leafy vegetables should be stirred in and the cooking continued for fifteen minutes. After cooking the vegetable mixture should be pressed through a sieve which will break up the vegetables more finely and make them easier to digest.

The vegetable soup for the baby is made as follows:

One-quarter of a pound of chopped beef, lamb or chicken or two tablespoonfuls of calf's liver.

Two tablespoonfuls of leafy vegetables, such as spinach or beet tops.

One potato.

One stalk of celery.

One carrot.

Two tablespoonfuls rice.

One tablespoonful barley.

All these should be thoroughly washed.

The vegetables are cut up and with the barley, rice and meat are put into two quarts of water in a gallon kettle. A pinch of salt is added. The soup is cooked for three hours and then is rubbed through a sieve, the pulp part of the vegetables and meat being discarded. This will make enough soup for two servings.

When the baby is about nine months old he may be given apple sauce. To make the apple sauce for the baby, peel three apples and cut into quarters. A cup of cold water should be added and about one teaspoonful of sugar. The apples should then be boiled for about thirty minutes. At first the apple sauce should be rubbed through a sieve. Later on, when the baby is about a year old, this will no longer be necessary.

When the baby reaches the end of his first year he is given tapioca, custard or gelatin. These are prepared as follows:

Custard: Beat together one egg and a teaspoonful of granulated sugar; pour into a cup and add four ounces of milk. Cover the cup and place it in shallow saucepan half full of water, and boil for ten minutes.

Tapioca: To make two servings of tapioca the following things are needed:

1½ teaspoonfuls tapioca.

¾ cup milk.

1½ tablespoonfuls of brown sugar.

1 egg.

3 drops vanilla.

A pinch of salt.

Mix the tapioca, brown sugar and salt with the milk which has been brought to a boil. Cook in a double boiler fifteen min-

utes, stirring frequently. Add the slightly beaten egg, return the mixture to the fire and cook until it coats the spoon. Add the vanilla and serve warm or cool.

Gelatin is prepared for the baby in the same way as it is for the adult.

Meat may be given to the baby when he is fifteen months old. In preparing meat for the baby it must be scraped until enough is obtained to make a patty. This may then either be boiled in soup or pan-broiled in a hot frying pan without the addition of any grease.

The two-year old child may be given a broiled lamb chop. Chicken may given broiled or boiled, the white meat being preferable. After cooking, it should be finely chopped up.

For young children liver should be prepared by rubbing it through a sieve or by scraping. A patty should be made which is broiled in the same way as other meats.

INVALID DIETS

The diets offered in this section of the book are not meant to be a complete guide, but are rather an aid to the patient in following out the orders which the physician has given him.

If there is any question concerning the various types of food, the physician should be consulted.

In preparing the tray for the sick patient, it should be attractive and should be large enough to allow the food and dishes to be put on it in an orderly way. It should be light so that it is not a burden to the weakened patient. The tray should be spread with a cloth large enough to cover it. Paper napkins or a clean paper may be used as the tray cloth, and where the patient is suffering from a contagious disease these may be burned immediately after using. In such cases, paper cups and dishes may also be used.

There is often likely to be a lack of iron in the diet with resultant anæmia. Anæmia also comes from disease processes which bring about a destruction of blood cells or which prevent the normal building of blood cells by the body. The eating of iron-containing foods is the best way of overcoming anæmia. The following foods are rich in iron and they are ranked to show the relative amount of iron furnished by one average serving:

Spinach, lean meat, oysters, molasses, dried beans, chard, potato, egg, raisins, lettuce, peas, rhubarb, maple sirup and rolled oats.

It is not necessary to make the diet consist only of foods rich in iron, but these foods should make up a great part of the diet.

Constipation

To be constipated or to have irregular movements of the bowels means that all the waste material of the day before is not emptied from the body.

The usual causes of constipation are:

1. Failure to answer nature's call when felt; that is, not emptying the bowels when the desire to do so is noticed.

2. Not drinking enough water in fluids.
3. Not eating the right kind of food.
4. Not taking enough or the right kind of exercise.
5. Wrong posture or position.

The best way to overcome ordinary constipation is to eat plenty of vegetables, fresh and cooked fruits, drink about six glasses of water daily, and take daily exercise. In this way most cases of constipation can be cured without taking any medicine at all.

If the constipation does not respond to the use of these measures, a thorough examination should be made to discover its cause, since some abnormal condition of the bowels may be present.

In the dietetic treatment of constipation, the chief care must be to provide enough bulk in the form of roughage. Fruits and leafy vegetables, such as cabbage, lentils and spinach, are the best laxative foods. Bran is often helpful in this respect.

It is well to eat right foods at every meal, not confining their use to just one meal during the day.

The following sample diet for the treatment of constipation, due to lack of bulk in the diet, may be found satisfactory:

Breakfast: Prunes, orange juice, whole wheat or rice, toast, one egg, butter, whole-grain cereal.

Lunch: Small portion of meat or fish, salad made of raw vegetables or fruits with French or mayonnaise dressing, sliced tomatoes, bran muffins, grapes, honey, butter and milk.

Dinner: Vegetable soup, meat, string beans, buttered beets, cabbage salad, whole-wheat bread, buttermilk, stewed fruit.

The following foods should be avoided: Fried foods, creamed dishes, white flour, potatoes, and desserts except fruit.

In **spastic constipation** the bowels are irritated and rough foods cause spasm and increase constipation.

The following sample menu may be helpful in treating this condition:

Breakfast: Strained fruit juice, refined cereal, dry toast, milk or cocoa. (The milk should be boiled.)

Lunch: Vegetable broth or consommé, soft boiled egg, dry toast, gelatin and boiled milk.

Dinner: Cream soup, cottage cheese or lean meat, dry toast, custard, and boiled milk.

Diet for Gall Bladder Trouble

In gall bladder disease the fats in the diet must be reduced. Condiments and spices should be avoided and the amount of starches and sugar must be cut down when the patient is overweight.

The following foods are rich in fat and should not be taken: Fried fish, fried meat, goose, duck and game; brains, sweetbreads, stews and eggs; liver, kidney, spiced foods and oily fish. Peas and beans should be eaten in small amounts only. Milk should be used sparingly, and salt should be used in moderation.

The meals should be small and overeating should be avoided.

The following foods are permitted:

Breads: White, graham, rye, and crackers.

Meat: Lean meat, chicken and lean fish.

Vegetables: All should be thoroughly cooked, such as lettuce, spinach, celery, cauliflower, asparagus, turnips, squash, artichoke, parsnips, beets and potatoes.

Fruits: Citrous fruits, oranges, and unsweetened stewed fruits.

Soup: Broths and strained vegetable soup.

Desserts: Citrous fruits, gelatin, cooked fruit and light puddings.

Fluids: Water, orangeade, lemonade, cream, milk and weak tea.

The physician will advise more definitely concerning the exact diet and other methods of treating gall bladder disease.

Diet for Reducing Acidity

Nowadays most diets are rich in acid-ash forming foods. In such cases, alkaline-ash foods must be taken in liberal amounts. In general, all vegetables, nuts, fruits and sweet milk with the exception of prunes, plums and cranberries are alkali-ash forming.

The most valuable foods in reducing the acid are: Oranges, potatoes, muskmelon, bananas and apples. Other valuable foods are asparagus, almonds, beans, beets, cabbage, carrots, cauliflower, celery, lemons and lettuce; milk, peaches, peas, radishes, raisins and turnips.

Diet for Hypoacidity

When there is a lack of acid in the stomach, the diet must contain foods which are easily digested and foods which require long chewing. It must be low in protein, sugars and sweets and should contain but few rough foods.

The following sample menu is suggested:

Breakfast: One-half grapefruit or one-half orange, refined cereal with cream, soft boiled egg, thin toast with butter, pineapple.

Lunch: Vegetable soup, baked potato, lamb chop, potato, squash, thin toast with butter, gelatin.

Dinner: Rice and cream, cottage cheese, puree, beets, thin toast and pineapple.

Diet for Heart Disease

There are only a few special points about the diet for the patients with heart disease. The diet must be well-balanced and easily digested. The starches and sugars should be easily digested and absorbed. The fluids should be limited to milk, meat, including chicken. Fish, egg and cereals may be taken. Meat should be given not more often than two times a week. All vegetables and fruits are allowed, except those which leave too much residue, such as cabbage and apples.

It is better to give small meals frequently than to give large meals at longer intervals.

Diet for Chronic Kidney Trouble

Chronic kidney disease requires special care under the direction of the physician. The diet should be restricted in proteins, salts and spices. The following sample diet may be helpful:

Breakfast: Grapefruit juice, whole-grain cereal, toast and butter, orange, egg and cream.

Lunch: Cauliflower, cottage cheese, bread and prunes, string beans, salad and butter.

Dinner: Baked potatoes, squash, milk and bread, lamb chop, tomato, salad, light pudding and butter.

The Diet for Fever

In former days it was customary to starve the patient with fever, but now it is recognized that this kind of patient needs iron-containing foods for rebuilding his blood; vitamins for keeping up his resistance, and starches and sugars to keep up his energy. The patient with fever must be fed. However, he does not need much fat or protein. The following are suggestions for the use of patients with fever:

Fruits: Fruit juices, especially orange juice, jellies and malades.

Vegetables: Purées of all vegetables, thick vegetable soups, cream soups, and vegetable broths.

Cereals: Porridges and gruels of all cereals.

Milk: Buttermilk, plain sweet milk and malted milk.

Diet for Convalescing Patient

Following a long illness in which the patient's strength has been torn down, the diet can do a great deal toward rebuilding him. At such times the patient's appetite may be poor, and attention must be given to the proper preparation of the food in order to get him to eat. The individual taste of such a person should be catered to but at the same time the diet should be kept well-balanced. The meals should be served at regular hours and should contain plenty of vegetables, fruits, whole-grain cereals and milk. Lean meats and soft-cooked eggs may be given. Foods such as rich pastries should be avoided. Too great a variety of foods need not be served at each meal. Rice, farina, mashed potatoes, macaroni, noodles and finely mashed vegetables are of value.

As the patient's strength increases more solid foods may be gradually added to the diet. At first it may be well to grind up finely the meats and vegetables which are served to the patient.

Diet for Ulcer of the Stomach

The treatment of ulcer of the stomach is carried on largely through the diet. The purpose of the ulcer diet is to provide the proper nourishment, but at the same to give foods which will irritate the ulcer the least. Frequent feedings are desirable, since these feedings take up the acid in the stomach and also provide enough nourishment without overtaxing the stomach.

The foods given should be as soft and smooth as possible. Foods with seeds or rough fibers should be avoided. The protein foods, such as milk and eggs, are given because they are the ones which combine best with the free acid in the stomach.

Fats, such as cream, butter and olive oil, are useful because they tend to make the secretion of gastric juice less. They also furnish many heat units in a small bulk. Foods which tend to increase the amount of gastric juice, such as meats, acid fruits, coffee, tea and alcohol, should not be given in this diet. Foods which are irritating—that is, sweet, salty, acid or spicy—should not be used.

The diet outlined by the late Dr. B. W. Sippy for the treatment of ulcer is as follows:

- 1st day—½ oz. each milk and cream hourly.....7:00 a. m.—9:00 p. m.
 2nd day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 3rd day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 4th day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 1 egg at 12:00 M. feeding
 5th day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 1 egg at 12:00 M.—1 egg at 5:00 p. m.
 6th day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 3 oz. fine cereal 7:00 a. m. feeding—1 egg at 12:00 M.
 —1 egg at 5:00 p. m.
 7th day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 3 oz. fine cereal 7:00 a. m.
 1 egg at 9:00 a. m.—1 egg at 12:00 M.—1 egg at 5:00 p. m.
 8th day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 3 oz. fine cereal at 7:00 a. m. and 3:00 p. m.
 1 egg at 9:00 a. m., 12:00 M. and 5:00 p. m.
 9th day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 Same as 8th day with 1 egg at 8:00 p. m.
 10th day—3 oz. milk and cream hourly.....7:00 a. m.—9:00 p. m.
 3 oz. fine cereal at 7:00 a. m., 11:00 a. m. and 3:00 p. m.
 1 egg at 9:00 a. m., 12:00 M., 5:00 p. m. and 8:00 p. m.

A convalescent diet has also been outlined for the treatment of ulcer. This diet can usually be used about three weeks after the treatment of ulcer has been started.

Convalescent Sippy Diet—No. 1

- Breakfast—Boiled milk with cocoa or coffee.
 Any fine cereal with cream.
 Soft toast, buttered.
 Egg.
 9:00—Glass of milk and cream, half in half.
 Dinner —Baked or mashed potato or rice.
 Pureed vegetable.
 Milk and cream, half in half.
 Junket, custard or farinaceous pudding.
 3:00—Glass of milk and cream.
 Supper —2 soft boiled eggs.
 Buttered toast.
 9:00—Eggnog.

Convalescent Sippy Diet—No. II

- Breakfast—Boiled milk, with coffee or cocoa.
 Any fine cereal.
 Dry toast.
 1 egg.
 9:00—Milk and cream or malted milk.
 Lunch —2 soft boiled eggs, fresh boiled fish, scraped beef, French lamb chop or chicken.
 Soft buttered toast.
 Milk and cream.
 3:00—Milk and cream or malted milk.
 Dinner —Baked or mashed potato, rice, barley, asparagus, pureed vegetable.
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 Hard, 238.
 Lemon, 238.
 Maple, 238.
 Molasses, 238.
 Orange float, 238.
 Orange, 238.
 Pineapple, 238.
 Pudding, 238.
 Pumpkin, 238.
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 Raisin, 238.
 Rhubarb, 239.
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 Capar, 239.
 Celery, 239.
 Cheese, 240.
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 Cheese, vegetable, 240.
 Chestnut, prune, 240.
 Chili, 240.
 Currant jelly, 240.
 Dutch butter, 240.
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 Hollandaise, 241.
 Horseradish, frozen, 241.
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 Marjoram, 241.
 Marrow, chutney, 241.
 Mint, 241.
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 Mushroom, 241, 242.
 Mustard, 242.
 Onion, 242.
 Oyster, 242.
 Pepper relish, 242.
 Piccalilli, 242.
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- Sweet sour, 243.
- Tomato, chili, 243.
- Tomato, 243.
- White, 243.
- White with cheese, 243.
- White with mushrooms, 243.
- White with parsley, 243.

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- Baked bean, 244.
- Barley, 244.
- Beef, bread dumplings, 244.
- Beef, liver dumplings, 245.
- Beet soup, cold, 245.
- Beet-pink cream soup, 245.
- Buttermilk, 245.
- Carrot, potato, 245.
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- Celery cream, 245.
- Celery root, 246.
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- Chicken soup, 246.
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- Consomme, 246.
- Corn chowder, 247.
- Corn, cream, 247.
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- Custard cubes, 247.
- Eggplant, 247.
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- Fruit, 248.
- Fruit, Swedish, 247.
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- Leek, potato cream, 248.
- Lima bean, 248.
- Liver dumplings, 248.
- Marrow, bread, 248.
- Meat, 248, 249.
- Meat puff, 249.
- Mushroom cream, 249.
- Mushroom potato, 249.
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- Noodles, 250.
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- Onion, 250.
- Oxtail, 250.
- Oyster stew, 250.
- Parsnip, 250.
- Pea, cream, 251.
- Pea, dried, 251.
- Peapod, 251.
- Pimento cream, 251.
- Pioneer, 251.
- Potato cream, 251.
- Pumpkin, 251.
- Spinach, cream, 252.
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- Tomato cream, 252.
- Tripe, 252.
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 - Cups, 278.
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